Discovery World Trekking



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Manaslu Circuit Trek - 14 Days

14 days. Grade: Challenging.

5.0 2295+ reviews on TripAdvisor

US$ 1150
per person, for 2 to 3 people

Made on 26 November 2026

https://dev.discoveryworldtrekking.com/trips/manaslu-circuit-trek







The 14-day Manaslu Circuit Trek takes you around Mount Manaslu (8,163 m / 26,781 ft), guiding you through remote valleys, deep gorges, and Tibetan-influenced villages rich in Buddhist culture. Crossing the challenging Larkya La Pass (5,106 m / 16,751 ft), the trail shifts from lush lowlands to rugged alpine terrain, making it one of Nepal's most scenic and less-crowded adventures.

TRIP FACTS

Destination	Nepal
Grade	Challenging
Accomodation	Hotel/Lodge/Tea House during the trek
Best season	Mar, Apri, May, Sep, Oct & Nov.
Activity	Manaslu Treks
Max. altitude	5,160m at Larkya la pass
Activity per day	Approx. 4-6 hrs walking
Meals included	All Meals (Breakfast, Lunch & Dinner) during the trek
Start / end point	Kathmandu / Kathmandu

PRICE

US$ 1150

per person, for 2 to 3 people

The full price is US$ 1350. You save US$ 200 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 1150
4 to 7	US$ 1100
8 to 13	US$ 1060
14 to 21	US$ 1030
22 to 30	US$ 1000

Group discounts are exclusive to your group size only. We do not merge groups.

Manaslu Circuit Trek Highlights

- Cross the challenging point of the trek – Larkya La Pass (5,106m / 16,751ft)
- Trek along the Budhi Gandaki gorge with suspension bridges and cliffside trails
- Walk through remote and less crowded Manaslu Conservation Area
- Visit ancient monasteries such as Ribung Gompa (Lho) and Pungyen Gompa (Sama Gaun) with views of glacial valleys
- Views of stunning Himalayan peaks including Mount Manaslu (8,163 m / 26,781 ft), Himalchuli, Ngadi Chuli, and Annapurna ranges
- Acclimatization stop at Samagaun, the main village beneath the Manaslu north face
- Side hike to Manaslu Base Camp (4,800m /15,748ft) and Birendra Lake, for glacier and icefall views
- Explore Samdo village, influenced by ancient Nepal–Tibet trade routes and traditional yak caravan culture
- See Tibetan Buddhist culture with mani walls, chortens, prayer wheels, and flags
- Experience rich biodiversity with forests, alpine valleys, and glacier landscapes
- Deep cultural experience of Tibetan Buddhist and Nubri village lifestyle
- Chance to spot rare wildlife like Himalayan monal, blue sheep, and musk deer
- Trek through rhododendron/pine forests in lower region and juniper bushes/moss in upper zones
- Pass through the less crowded trails with a more remote trekking experience

Manaslu Circuit Trek Overview

The Manaslu Circuit Trek is a **remote** and **adventurous** journey that encircles **Mount Manaslu (8,163 m / 26,781 ft)**, offering a **quieter alternative** to Nepal's more crowded trekking routes. This trek lies in the Manaslu region of **north-central Nepal**, close to the Tibetan border, and passes through the protected **Manaslu Conservation Area**.

The journey begins with a **drive from Kathmandu to Machha Khola**, passing Arughat and Soti Khola along the Trishuli River. The trail follows the Budhi Gandaki River, entering narrow valleys with suspension bridges, waterfalls, and forested hills.

Machha Khola (890 m / 2,919 ft) marks the beginning of your Manaslu trek, where you experience the shift from road travel to a remote mountain trail. You follow rocky trails through sal forests with a series of gentle ascents and descents. Along the way, you pass traditional Gurung villages like Labubesi and Khursani, offering an early glimpse into local culture.

As you move ahead, you cross two major rivers, **Tharo** and **Machha Khola**, on a suspension bridge and reach **Doban (1,070 m / 3,410 ft)**. Doban is a confluence of Shari Khola and Sarpu Khola. Natural hot springs at Tatopani add a refreshing highlight along the route.

The route then ascends to Louri until you reach the Thado Bharyang below Jagat, a key checkpoint village with Tibetan-style architecture and terraced fields. Then you cross a philim bridge to reach **Philim (1,570 m / 5,150 ft)**, which opens into a wider valley with Gurung settlements.

Moving towards **Deng (1,860 m / 6,102 ft)**, the trail becomes narrower with deep gorges, bamboo forests, and frequent river crossings. Following the bank of the Deng Khola River, the landscape feels more remote with terraced millet fields.

The trek continues to **Ghap (2,250 m / 7,381 ft)** and **Namrung (2,660 m / 8,727 ft)** through dense pine, oak, and rhododendron forests. Crossing suspension bridges toward Bihi Phedi and Ghap, you begin to experience a strong Buddhist influence with mani walls, chortens, and sacred imagery along the trail. Namrung opens up with the first clear mountain views, along with culturally rich villages and barley fields.

Trekking through the **Lihi Village**, you pass across the glacial stream to reach **Lho (3,180 m / 10,433 ft)**. It is a beautiful village filled with monasteries, prayer flags, and traditional homes, with a stunning view of **Simnang Himal (6,251 m / 20,508 ft)**.

Passing through the **Shyala village** with agricultural fields, streams, and wooden resting places, you reach **Samagaun (3,530 m / 11,581 ft)**. It is one of the most important acclimatization stops, where you have time to explore nearby highlights such as Birendra Lake or even take a side trip to **Manaslu Base Camp**.

As the route continues towards **Samdo (3,875 m / 12,713 ft)**, a Tibetan refugee village, you cross juniper and birch forests and enjoy views of Manaslu mountain. Located close to the Tibet border, the village reflects strong cross-border culture and trade influence.

Following Athahra Saya and Larke River towards **Larkya Glacier**, the trek continues through Samdo edges and fields. The path becomes more rugged and alpine landscape until you reach **Dharmsala (4,480 m / 14,698 ft)**, a community dormitory or Larkya La Phedi.

While encircling the Manaslu circuit, the vegetation thins out, and the environment feels remote and dramatic as you prepare for the highest point of the trek.

Crossing the **Larkya La Pass (5,106 m / 16,751 ft)** is the most **challenging** and **rewarding** part of the journey. From the top, you are rewarded with breathtaking panoramic views of **Himlung Himal**, **Cheo Himal**, **Kang Guru**, and **Annapurna II.**

After a rough descent from the pass, you reach a grassy moraine around 4,450 m, and the landscape opens into wider alpine meadows. As the valley broadens, small stone houses come into view, marking your arrival at **Bimthang (3,720 m / 12,204 ft)**.

Descending through the rhododendron forests and cultivated fields near the Budhi Gandaki valley, you reach **Gho (2,550 m / 8,366 ft)**. From here, the landscape gradually turns greener with wider valleys and a quieter riverside setting.

On the final day of your trekking, you pass through **Tilje (2,300 m / 7,546 ft),** a Gurung village known for local brandy. The path feels more settled, with villages and farmland along the way.

The trek concludes with a **drive (local bus)** along the Marsyangdi River to **Besisahar (760 m / 2,493 ft)**. From here, you return to Kathmandu, passing through Thonje village and enjoying the views of Chamche waterfall.

The trek to Manaslu Circuit is a complete Himalayan experience, combining remote landscapes, cultural diversity, and high mountain adventure.

Day to Day Itinerary

Day 1 Drive from Kathmandu to Machha Khola (890 m / 2,919 ft). Trek time: Approx. 9 hrs.

Day 2 Trek from Machha Khola to Doban (1,070 m / 3,410 ft). Trek time: Approx. 5 hrs.

Day 3 Trek from Doban to Philim (1,570 m / 5,150 ft). Trek time: Approx. 6 hrs.

Day 4 Trek from Philim to Deng (1,860 m 6,102 ft). Trek time: Approx. 5 hrs.

Day 5 Trek from Deng to Ghap (2,250 m / 7,381 ft). Trek time: Approx. 5 hrs.

Day 6 Trek from Ghap to Namrung (2,660 m / 8,727 ft). Trek time: Approx. 5 hrs.

Day 7 Trek from Namrung to Lho (3,180 m / 10,433 ft). Trek time: Approx. 6 hrs.

Day 8 Trek from Lho to Samagaun (3,530 m /11,581 ft). Trek time: Approx. 5 hrs.

Day 9 Rest Day in Samagaun.

Day 10 Trek from Samagaun to Samdo (3,875 m / 12,713 ft). Trek time: Approx. 4 hrs.

Day 11 Trek from Samdo to Dharmashala (4,480 m / 14,698 ft). Trek time: Approx. 4 hrs.

Day 12 Trek from Dharmashala to Bimthang (3,720 m / 12,204 ft) by crossing Larkya la Pass (5,106 m / 16,751 ft). Trek time: Approx. 9 hrs.

Day 13 Trek from Bimthang to Tilje (2,300 m / 7,546 ft). Trek time: Approx. 6 hrs. Drive to Besisahar (760 m / 2,493 ft). Drive time: Approx. 3 hrs.

Day 14 Drive from Besisahar to Kathmandu. Drive time: Approx. 9 hrs.

Manaslu Circuit Trek Itinerary

DAY 1

Drive from Kathmandu (1,350 m / 4,450 ft.) to Machha Khola (890 m / 2,965 ft.)

Drive duration 8–9 hrs

We leave Kathmandu early in the morning and begin our drive toward the Manaslu region, following winding highways through rolling hills, rivers, and rural settlements.

Kathmandu → Arughat → Soti Khola → Lapubesi → Machha Khola

Beyond Arughat, the road becomes rougher and follows the Budhi Gandaki River. Along the way, you will see terraced fields, waterfalls, forested slopes, and small mountain villages.

Continuing through Soti Khola and Lapubesi, the scenery becomes increasingly dramatic with narrow roads carved into the hillside and beautiful river gorges below.

By late afternoon, we reach Machha Khola, a quiet riverside village where we spend the night before starting the trek.

Overnight stay at Hotel Everest View
Included all standard meals (Breakfast + Lunch + Dinner)

DAY 2

Trek from Machha Khola (890 m / 2,965 ft.) to Doban (1,070 m / 3,510 ft.)

Trek Distance 9.5k m / 5.9 miles Highest Altitude 1,070m / 3510ft Trek Duration 4 - 5 hrs

After breakfast, we begin trekking along the Budhi Gandaki River, crossing suspension bridges and walking through forests and rocky trails.

Machha Khola → Tharo Khola → Tatopani → Doban

The trail leads to **Tharo Khola** before continuing to Tatopani, a small settlement known for its natural hot springs and peaceful riverside setting.

From **Tatopani**, you walk upward gently through bamboo groves and narrow valleys, with several waterfalls and streams along the way.

A final trek brings us to **Doban**, a quiet village surrounded by lush hills where we rest for the night.

Overnight stay at Doban Guest House
Included all standard meals (Breakfast + Lunch + Dinner)

DAY 3

Trek from Doban (1,070 m / 3,510 ft.) to Philim (1,570 m / 5,150 ft.)

Trek Distance 13 km / 8 miles Highest Altitude 1,570m / 5,150ft Trek Duration 5-6 hrs

We leave **Doban** with a fulfilling breakfast and follow the trail upstream through forests, rocky paths, and several suspension bridges over the Budhi Gandaki River.

Doban → Lauri → Jagat → Philim

As you trek through **Lauri**, the route gradually ascends toward **Jagat**, a charming stone-paved village and the official entry point to the Manaslu Conservation Area.

From Jagat, you continue through terraced fields and scenic hillsides before reaching **Philim**, a beautiful Gurung village known for its traditional houses and mountain views.

Overnight stay at Manaslu River View
Included all standard meals (Breakfast + Lunch + Dinner)

DAY 4

Trek from Philim (1,570 m / 5,150 ft.) to Deng (1,860 m / 6,102 ft.)

Trek Distance 11km / 6.8 miles Highest Altitude 1,860m / 6,102ft Trek Duration 5-6 hrs

Today we leave **Philim** and traverse forested hillsides along the Budhi Gandaki through a narrow valley. Leaving the riverbank, the path goes northward through rhododendron and pine forests, becoming more remote and peaceful.

Philim → Ekle Bhatti → Deng

Passing through the terraced millet fields, you can see the towering cliffs and overhanging rock formations on the way to the ridge-top village of **Ekle Bhatti**.

The trail drops into a steep, sharp gorge where waterfalls cascade down the valley walls. Suspension bridges guide you across the Budhi Gandaki and Deng Khola as you move deeper into the valley.

By late afternoon, you reach **Deng**, a small Tibetan-influenced village with cozy teahouses. Terraced fields and distant views of the Ganesh Himal range make it a peaceful place to end the day.

Overnight stay at Windy Valley Lodge
Included all standard meals (Breakfast + Lunch + Dinner)

DAY 5

Trek from Deng (1,860 m / 6,102 ft.) to Ghap (2,250 m / 7,382 ft.)

Trek Distance 11.5 km / 7.14 miles Highest Altitude 2,250m / 7,382ft Trek Duration 5-6 hrs

With a beautiful sunrise, we enjoy a warm breakfast before setting off on the day's trek from Deng to Ghap through the lush Budhi Gandaki Valley.

Deng → Rana → Bihi Phedi → Ghap

After a brief downhill walk from **Deng**, you cross the Budhi Gandaki before making your way to the Rana community. It is a traditional mountain village that acts as a scenic spot for trekkers. From here, you can enjoy the deep-valley views.

The trail then continues through pine woods to **Bihi Phedi**, a small riverside settlement beside the roaring Budhi Gandaki. In this area, you may spot white-faced monkeys or langurs in the surrounding forests or near the trails.

Beyond Bihi, the landscape gradually changes from bamboo and oak forests to alpine terrain. Along the way, you can see hand-carved mani stones, water-powered prayer wheels, and stupas that reflect the region's deep Buddhist heritage.

The trail then leads into the culturally rich region of **Ghap**, home to the local Nubri people. It is the final stop for today, where we enjoy dinner and spend the night.

Overnight stay at Lama Hotel
Included all standard meals (Breakfast + Lunch + Dinner)

DAY 6

Trek from Ghap (2,250 m / 7,382 ft. to Namrung (2,660 m / 8,727 ft.)

Trek Distance 9 km / 5.5 miles Highest Altitude 2,660m / 8,727ft Trek Duration 4-5 hrs

The sixth day of the trek starts from Ghap, following winding trails through lush bamboo forests towards Namrung.

Ghap → Nam Lung → Namrung

Along the way, you cross several wooden and suspension bridges over mountain streams. The trail continues through dense forests of fir, rhododendron, and oak before reaching the small village of **Nam Lung**.

From here, you can see the gradual changes in terrain from deep gorges to expansive barley fields. You need to follow your guide's instructions while crossing a landslide section.

The final ascent takes you to **Namrung**, a beautiful Tibetan-Buddhist village known for its stone houses and monasteries. You spend the night here, surrounded by stunning views of Ganesh Himal and Himalchuli.

Overnight stay at Namrung Guest House with attached bathroom
Included all standard meals (Breakfast + Lunch + Dinner)

DAY 7

Trek from Namrung (2,660 m / 8,727 ft.) to Lho (3,180 m / 10,433 ft.)

Trek Distance 11 km / 6.8 miles Highest Altitude 3,180m / 10,433ft Trek Duration 5-6 hrs

We leave Namrung and continue our trek into the upper Nupri region, passing two beautiful mountain villages, Lhi and Sho, before reaching Lho for an overnight stay.

Namrung → Lihi → Sho → Lho

The route winds past mani walls and stone houses before entering into the forests filled with fir and blossom rhododendron. You first reach **Lihi** (spelled as Lhi), a village known for its beautiful barley terraces and a traditional Buddhist village life.

Continuing ahead, you cross the Hinan River that originates from the Lindanda Glacier, and enter the scenic village of **Sho**. While resting here for a bit, you can enjoy the views of Simnang Himal (6,251 m / 20,508 ft.).

From Sho, the valley opens up and reveals to you the first sweeping views of Mt. Manaslu and Naike Peak (6,211 m / 20,377 ft.). Passing a massive traditional Kani (Buddhist stupa archway) and long walls of mani stones, you arrive at **Lho** village.

Overnight stay at Hotel Blu Sky
Included all standard meals (Breakfast + Lunch + Dinner)

DAY 8

Trek from Lho (3,180 m / 10,433 ft.) to Samagaun 3,530 m / 11,581 ft.)

Trek Distance 7.2 km / 4.5 miles Highest Altitude 3,530m / 11,581ft Trek Duration 4-5 hrs

Our day begins with a sunrise view over Mt. Manaslu before we pack our bags and leave Lho for Samagaun.

Lho → Shyala → Samagaun

You start with a gradual elevation gain, following alongside the stream through damp forests before opening into the alpine valley of **Shyala**. At Shyala, the scenery opens up with views of Himal Chuli, Ngadi Chuli, and Manaslu, all surrounded by open grazing pastures.

After a short rest, you continue across open terrain and descend gently toward **Samagaun**, the main village of Nubri people. It is one of the largest and most culturally significant villages in the Manaslu region.

In the evening, you can stroll around the village, exploring its large monasteries, small shops, a health post, and a heliport before spending the night here.

Overnight stay at Hotel Manaslu with attached bathroom
Included all standard meals (Breakfast + Lunch + Dinner)

DAY 9

Acclimatization day at Samagaun (3,530 m / 11,581 ft.)

The 9th day of the journey is an acclimatization day at Samagaun, giving your body time to adjust to the higher altitude before heading toward Larkya La Pass. Instead of staying idle, you follow the "hike high, sleep low" principle by exploring the surrounding attractions and returning to the village for another overnight stay.

Samagaun → Birendra Lake / Manaslu Base Camp / Pungyen Gompa

You can choose three rewarding hikes based on your interests and fitness level.

The shortest option leads to **Birendra Lake**, a beautiful turquoise glacial lake about 2–3 hours northwest of Samagaun. Sacred to the local Nubri and Tsum communities, it offers peaceful surroundings beneath the towering slopes of Mt. Manaslu.

For a more challenging adventure, you can continue to **Manaslu Base Camp**, about 1–2 hours beyond Birendra Lake. The trail becomes steep, rocky, and often snowy as you push up the moraine to the base camp. However, it rewards you with spectacular views of Birendra Lake, the Manaslu Glacier, Ngadi Chuli, Himalchuli, and the mighty Mount Manaslu.

If you prefer a spiritual and cultural experience, a 2.5-hour hike from Samagaun to **Pungyen Monastery** can be a quieter alternative. This centuries-old monastery lies south of Samagaun, framed by Mount Manaslu and Himalchuli. It serves as an important spiritual center for the local Buddhist community.

After completing your chosen excursion, you return to Samagaun to rest and prepare for the journey ahead.

Overnight stay at Overnight stay at Hotel Manaslu with attached bathroom
Included all standard meals (Breakfast + Lunch + Dinner)

DAY 10

Trek from Samagaun (3,530 m / 11,581 ft.) to Samdo (3,875 m / 12,713 ft.)

Trek Distance 8.2 km / 5 miles Highest Altitude 3,875m / 12,713ft Trek Duration 3-4 hrs.

This is a short and gentle trek as you gradually ascend from **Samagaun**. You need to take a slow, steady pace as you enter higher alpine terrain with stunning Himalayan scenery.

Samagaun → White Kani → Samdo

The trail follows a broad valley with views of glaciers, yak pastures, and snow-covered peaks. You then pass the treeline and cross the Budhi Gandaki ridge toward **White Kani**, a traditional Buddhist entrance gate.

Passing mani walls and glacial streams, you continue across open terrain to reach **Samdo**, a Tibetan-influenced village near the Nepal–Tibet border with rich cultural heritage.

Overnight stay at Hotel Little Tibet
Included all standard meals (Breakfast + Lunch + Dinner)

DAY 11

Trek from Samdo (3,875 m / 12,713 ft.) to Dharmashala (4,480 m / 14,698 ft.)

Trek Distance 8 km / 5 miles Highest Altitude 4,480m / 14,698ft Trek Duration 3-4 hrs.

Today is a relatively easy hike in terms of distance, but it becomes more challenging due to altitude gain as you leave Samdo and head toward Dharmashala.

Samdo → Fuka Kharka → Larke Bazar → Dharmashala

Starting the day with a gentle incline out of **Samdo** above the Budhi Gandaki River, you pass through juniper and tundra vegetation towards **Fuka Kharka**.

As you cross the **Larke Khola** on a wooden bridge, you arrive at Larke Bazaar, a seasonal Tibetan market. From here, the views open up, revealing the large Larkya Glacier descending from the Manaslu North.

The trail passes through seasonal yak pastures, ancient Tibetan mani walls, and a stone archway reflecting the region's Tibetan culture. Then, you ascend out of the gorge, and the path leads you to **Dharmashala**, also known as Larkya Phedi.

The mesmerizing views of Jarkya Himal, Nysing Himal, and Lamjung Himal welcome you at this high-altitude rest point. This is our final overnight stop before crossing Larkya La Pass. You arrive in the afternoon and can rest while enjoying the views of Fukang, Syacha, Yamnang, and Manaslu Glaciers.

Overnight stay at Dormitory / Tent
Included all standard meals (Breakfast + Lunch + Dinner)

DAY 12

Trek from Dharmashala (4,480 m / 14,698 ft.) to Bimthang (3,720 m / 12,205 ft.) by crossing Larkya La Pass (5,160 m / 16,929 ft.)

Trek Distance 16 km / 9.95 miles Highest Altitude 5,160m / 16,929ft Trek Duration 8-9 hrs

Today is the most challenging and rewarding day of the trek as you cross Larkya La Pass, the highest point of the Manaslu Circuit. We need to head out before sunrise, as strong winds or snowfall can make the crossing more demanding.

Dharmashala → Larkya La Pass → Dangboche Kharka → Bimthang

Carrying some snacks and essentials, you set out from Dharmashala across glacial moraine and make your way to a small alpine lake. The trail then becomes rough and unclear as it traverses the southern side of a steep grassy slope.

Colourful prayer flags mark the route, guiding you toward **Larkya La Pass** as you pass a series of four frozen lakes. Reaching the top rewards you with magnificent views of Himlung Himal, Cheo Himal, Kang Guru, and Annapurna II, making every step of the long trek worthwhile.

We begin our return journey along the moraine, heading west on a series of inclined, winding paths toward **Dangboche Kharka**. As the landscape opens into gentler grassy slopes, the trail becomes easier and more comfortable to walk.

As you continue, a small meadow begins to open up surrounded by beautiful mountain scenery and alpine pastures. Passing traditional mani walls and scattered stone houses, you arrive at **Bimthang** for an overnight stay.

Overnight stay at Punkar Guest House with attached bathroom
Included all standard meals (Breakfast + Lunch + Dinner)

DAY 13

Trek from Bimthang (3,720 m / 12,205 ft.) to Tilje (2,300 m / 7,546 ft.). Drive to Besisahar (760 m / 2,493 ft.)

Trek Distance 25 km / 15.5 miles Highest Altitude 3,720m / 12,205ft Trek Duration 5-6 hrs
Drive duration 3 hrs

Day 13th marks the final day of trekking in the Manaslu region as you make your way from the alpine areas of Bimthang to Tilje (Tilche) before driving to Besisahar.

Bimthang → Karche → Gurung Goa → Thonje → Tilje → Besisahar

Leaving Bimthang behind, you trek through alpine meadows, pass cascading waterfalls, and cross glacial streams. The trail then follows lush oak and rhododendron forests before reaching **Karche**, a small settlement beside the Dudh Khola River.

Beyond Karche, the path gradually flattens before the steep descent into the greener valley lined with cultivated fields of Goa (**Gurung Goa**), the first permanent village since Samdo. You have lunch at this traditional tiered-roof Gurung ethnic village and enjoy its peaceful atmosphere.

As you move to lower altitudes, the air becomes warmer, and the vegetation becomes denser. While unique, lower-elevation views of the Manaslu massif continue to accompany the trail. The stone-paved lanes, narrow alleyways, and traditional homes indicate your arrival at **Tilje**, which concludes the trekking part of your journey.

From Tilje, you board a local transport for the adventurous drive to Besisahar along a rugged, unpaved mountain road beside the Marsyangdi River.

Passing Chamche waterfalls, Thonje Village, steep rock-cut thrilling sections, green hills, and culturally rich Gurung and Tamang villages, you reach **Besisahar**. You can relax, enjoy a hot shower, and explore the local shops and restaurants.

Overnight stay at Hotel (room with attached bathroom)
Included all standard meals (Breakfast + Lunch + Dinner)

DAY 14

Drive from Besisahar (760 m / 2,493 ft.) to Kathmandu (1,350 m / 4,450 ft.)

Drive duration 8–9 hrs

Today is the last day of our Manaslu circuit trek as you leave Besisahar and return to Kathmandu by tourist bus.

Besisahar → Kathmandu

After breakfast, we begin the drive from **Besisahar**, retracing the route through river valleys, terraced fields, and bustling roadside towns. Along the way, the changing scenery gradually shifts from peaceful rural landscapes to the vibrant atmosphere of Nepal’s capital.

By evening, you arrive in **Kathmandu**, bringing your Manaslu Circuit Trek to a close. You can spend the rest of the day relaxing at your hotel or exploring the city, reflecting on the unforgettable memories made in the Himalayas.

Included all standard meals (Breakfast + Lunch)

What is included in this trek package?

Transportation

- Private pickup and drop-off between Kathmandu Airport and your hotel
- Kathmandu to Machha Khola (trek start) by public bus
- Local transport from Tilje to Besisahar
- Besisahar (trek end) to Kathmandu by a local bus

Accommodations

- 3 nights in teahouses with attached bathrooms at Namrung, Lho, and Bimthang
- 2 nights teahouse accommodation with attached bathroom at Samagaun
- 8 nights in standard twin-sharing teahouses at Machha Khola, Doban, Philim, Deng, Ghap, Samdo, Dharmashala, and Besisahar

Food

- Standard full-board meals (14 Lunches, 13 Dinners, and 14 Breakfasts), with one main course per meal during the trek
- Water purification tablets for safe drinking water
- Seasonal fresh fruits every day

Guide and Porter

- Government-licensed, experienced, English-speaking trekking guide (leader)
- An assistant trekking guide for groups of 5 or more trekkers
- 1 porter for 2 trekkers to carry a combined luggage of 18 kg max. (9 kg per trekker)
- All guide and porter expenses, including meals, lodging, wages, insurance, transportation, and trekking equipment

Trek Permits and Expenses

- Manaslu Conservation Area Permit (MCAP)
- Annapurna Conservation Area permit (ACAP)
- Manaslu Restricted Area Permit (RAP)
- All government, local taxes, and official service charges

Medical Assistance

- A basic first-aid kit including Acetazolamide (Diamox)
- Oximeter to monitor blood oxygen saturation levels
- Emergency rescue or evacuation in case of complicated health conditions (included in travel insurance)

Souvenir

- A Discovery Word Trekking (DWT) T-shirt and cap
- A digital Discovery World Trekking Manaslu circuit completion certificate via your email or WhatsApp

Farewell

- Farewell gathering at Kathmandu at the end of the trek

Benefits

- One shared non-waterproof duffel bag for every two trekkers (if you don't have one)
- One used sleeping bag and down jacket per trekker (to be returned after the trek)
- Free excess luggage storage at our Kathmandu office throughout the trek

What is excluded in this trek package?

International Flight

- Airfare (flight booking) to and from Nepal

Accommodations

- All accommodation in Kathmandu, before and after the trek
- Accommodation outside the itinerary
- Extra hotel nights due to any delays, early return, or late departure for the trek

Food

- Meals in Kathmandu before and after the trek
- Extra night meals due to any delays, late departure, or early return from the trek
- Any food items except the main course

Guide and Porter

- Tips for guides and porters (recommended)

Visa

- Nepal entry visa fees, $50 USD for 30 days

Travel Insurance

- Personal travel insurance, including high-altitude trekking, medical expenses, and helicopter evacuation (above 5,000 m)

Personal Expenses

- Fees for Wi-Fi, device charging, hot showers, and other teahouse amenities
- Expenses for personal trekking gear, clothing, and equipment rentals
- Costs for snacks, bottled or boiled water, tea, coffee, souvenirs, and local handicrafts
- Gratuities for teahouse hosts and other local staff (at your discretion)

Other Expenses

- Extra porter charges for luggage exceeding the 9 kg weight limit
- Cost arising from itinerary changes for safety reasons
- Any unforeseen expenses (additional accommodation, transport, and meals) resulting from bad weather, natural disasters, strikes, illness, injury, or other events beyond the company's control

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Manaslu Circuit Packing List

The clothing, equipment, and gear you need for the trek may vary depending on the season. We recommend light packing, using our detailed packing checklist as a guide, and bringing only essentials.

We provide one porter for every two trekkers, who carries only one duffel bag with a maximum weight of 18 kg (9 kg per person). Any extra luggage can be stored at our Kathmandu office free of charge.

Head and Face

- Sun hat or cap (wide-brimmed)
- Ear-covering warm hat or knitted beanie
- Scarf, buff, or neck gaiter
- UV-protection sunglasses
- High SPF sunscreen and lip balm
- Lightweight headlamp with spare batteries

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women
- Waterproof nylon raincoat or poncho

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear
- Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Foot wear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover
- Adjustable and lightweight trekking poles (preferably collapsible)
- Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C) Earplugs

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper
- Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Medications

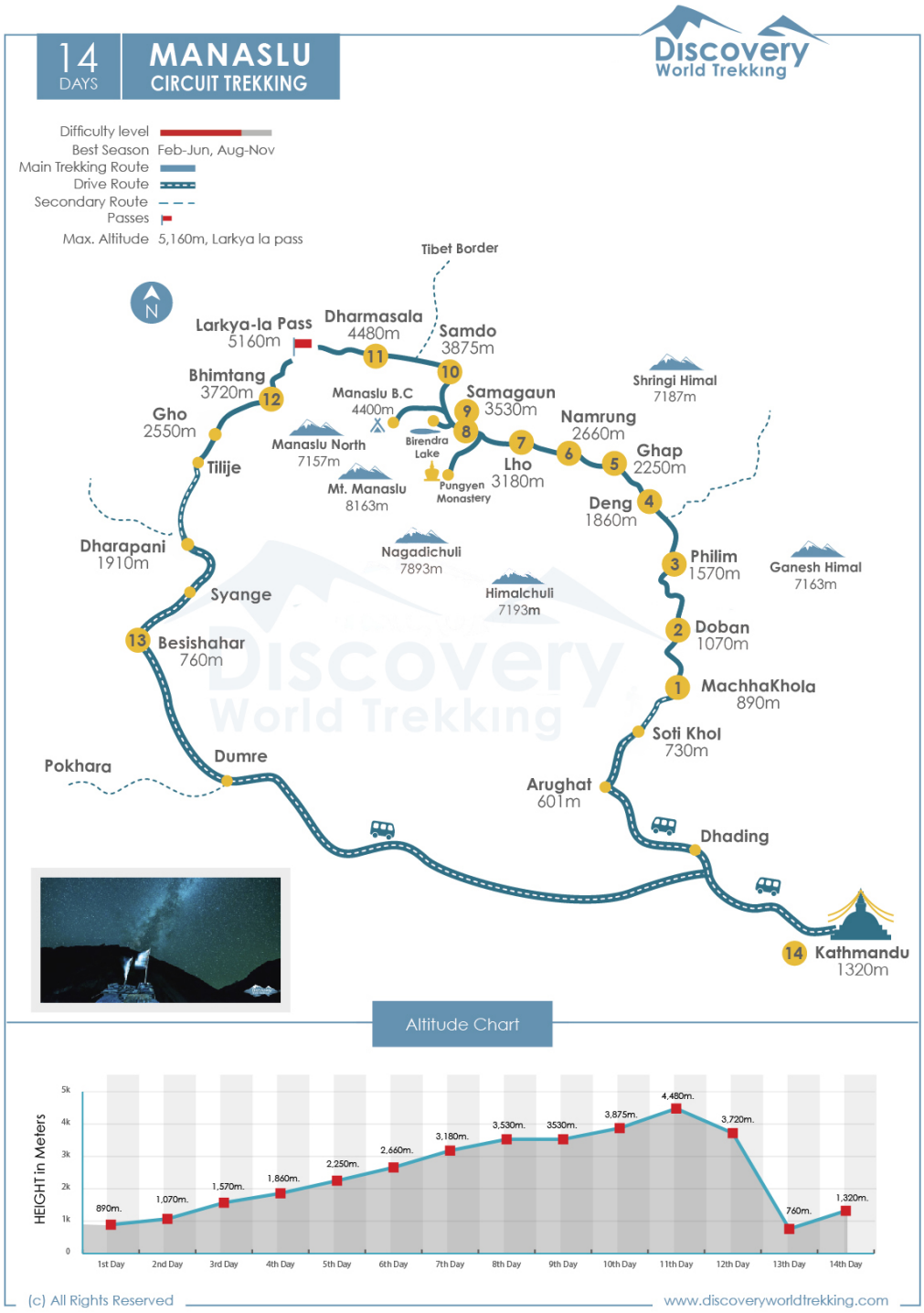
- Personal kits and medications (inhalers, allergy medicine, etc.) are
- highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book Binoculars
- Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

We can provide you with a used duffel bag (non-waterproof), down jacket, and sleeping bag if you do not have your own.

Manaslu Circuit Trek Map



Trip Notes

Arrival in Kathmandu Before the Manaslu Circuit Trek

Your trek begins after **landing in Kathmandu**, where final preparations, rest, and coordination with your trekking team take place before heading toward the Manaslu region.

Airport Pickup and Hotel Transfer

We ensure a smooth and comfortable arrival experience from the moment you **land in Tribhuvan International Airport**.

You can easily recognize our team, as a representative will be waiting outside the terminal holding a **placard with your name**. You will be greeted with a **Namaste** and welcomed with a **garland** or **Khada**.

We provide a **complimentary airport pick-up** with a **private vehicle transfer** directly to your **hotel in Kathmandu**. If you haven't booked accommodation yet, we can also assist in arranging a suitable hotel based on your preference and budget.

We recommend **staying in Thamel** for easy access to gear shops and local/international restaurants, convenient transport, and last-minute essential shopping before your trek.

Note: *We also arrange your* ***airport transfer*** *from the hotel for your return international flight after the trek.*

When Should You Arrive Before the Trek?

For the Manaslu Circuit Trek, arriving in Kathmandu **a day before departure** is sufficient for final preparations. We recommend arriving by around **3 PM** to:

- Allow **time to rest** after your long flight
- Check your trekking gear and buy if missing
- Complete your remaining 90% payment
- Exchange your currency into Nepali Rupees (NPR)
- Stroll around the local cultural places and enjoy the local cuisines
- Adjust to the local time and climate before the journey begins

Meeting the Team

Before heading towards the Manaslu circuit, you will meet our team at our Kathmandu office for a **structured briefing session** led by our team lead, Paul.

In this session, he will:

- Introduce you to your guide and porter
- Connect you with the support team in Kathmandu
- Share the full route: **Kathmandu** → **Maccha Khola** → **Jagat** → **Namrung** → **Samagaun** → **Dharmashala** → **Larkya Pass** → **Tilje** → **Besisahar**
- Assist in last-minute gear check and packing guidance

- Explain the daily itinerary, walking hours, and altitude gain
- Guide you through key safety and acclimatization tips

Transportation during the Manaslu Circuit Trek

During the Manaslu Circuit Trek, transportation is entirely by road; **no domestic flights are available.**

The **drive from Kathmandu to Machha Khola** marks the official start of the trek. It takes around **8-9 hours**, with some rough off-road sections beyond Arughat, offering scenic views of rivers, terraced fields, and hillside villages.

Our package includes all required **local transportation**:

- Kathmandu → Arughat → Soti Khola → Lapubesi → Machha Khola
- Tilje → Besisahar → Kathmandu (return)

Note: *A private jeep is recommended for added comfort, safety, and shorter travel time that can be reserved at an additional cost. It will cost around:*

- ***$170 USD*** *from Kathmandu to Machha Khola*
- ***$180 USD*** *from Tilje to Kathmandu.*

Where Will You Stay During the Manaslu Circuit Trek?

Accommodation during the trek is in **teahouses** or **locally run lodges** with basic facilities, reflecting the region's remoteness.

You'll need **two extra days** in Kathmandu, **one before** and **one after the trek**. These stays are **not included in the package**, but we can assist in finding the hotel based on your preferences.

Our Manaslu Circuit itinerary includes 13 nights of lodge-to-lodge accommodation at the best available teahouses along the trekking route.

Seven-night stay in rooms with a **private attached bathroom:**

- 1 night at Namrung
- 1 night at Lho
- 2 nights at Samagaun
- 1 night at Bimthang

Eight-night stay in standard rooms:

- 1 night at Machha Khola
- 1 night at Doban
- 1 night at Philim
- 1 night at Deng
- 1 night at Ghap
- 1 night at Samdo

- 1 night at Dharmashala
- 1 night at Besisahar

Note: *The Manaslu region sees fewer trekkers than the Everest and Annapurna regions. So, during peak season, rooms can be limited and are best booked in advance.*

What to Expect in a Teahouse in Manaslu?

According to our trekking guides and team, teahouses on the Manaslu Circuit offer **basic twin rooms with shared facilities**, which become more rustic in higher altitudes.

Here's what you can expect:

- Basic facilities due to the remote location
- Warm hospitality from local families
- More peaceful environment with fewer trekkers
- Strong cultural and local interaction
- Costs increase with altitude due to transport difficulty

Trekking in this region, other facilities and amenities that you can get are:

Rooms

Rooms are **simple** but **functional**, designed for **rest and recovery** after long trekking hours. Comfort levels vary with altitude, becoming more basic with fewer amenities and simpler setups as you go higher.

You can expect:

- **Twin-sharing rooms** with wooden or plywood beds
- Two beds with **mattresses**, **pillows**, and **blankets**
- Limited furniture, usually just a small table or hooks
- Rooms are not insulated, and they can get very cold at night
- Windows are small, sometimes with minimal sealing against the cold
- Limited space; best to keep luggage compact
- Extra blankets available (may cost extra around **NPR 200 - NPR 500** at higher elevations)

Note: *Facilities are limited in Dharmashala. Usually, a room is shared among 5-6 people, as there are only three lodges available.*

Toilets and Showers

You can find the variation in the toilet and shower facilities depending on location and altitude, but they are generally shared and simple.

- **Common/shared toilets** in most teahouses
- A mix of **Western-style** and **traditional squat toilets** in the lower regions
- Mostly squat-style toilets in the upper regions
- Toilets are usually located outside the main building in higher regions

- **Hot showers available** at lower altitudes (paid service)
- Hot shower cost: **NPR 300 – NPR 700 (~$3 - $5 USD)**
- Bucket showers are more common as you go higher
- Limited or no hot water in remote/high-altitude areas

Note: *You only get basic sanitation, so carrying your own toiletries, such as Toilet paper, soap, and hand sanitizer, is essential.*

Heating

Heating facilities in remote areas are very limited and mainly concentrated in communal dining areas due to a lack of electricity and infrastructure. You will not find heating inside your private rooms, especially as you move towards higher-altitude villages.

- Only **common dining halls are heated** using wood or yak-dung stoves
- There are **no heating systems inside bedrooms** in any teahouse
- Heating becomes less effective in higher villages due to limited fuel supply
- Nights are extremely cold above 3,000m, especially in Samagaun, Samdo, and Dharmashala

Note: *A sleeping bag is recommended for added warmth and hygiene. We can provide a used sleeping bag if you insist.*

Electricity

Electricity on the Manaslu route is **available** but highly inconsistent, relying mostly on small hydro and solar systems. You can see that electricity usage is limited, and charging is treated as a paid service.

- Available in most villages up to Samagaun
- Solar-based supply dominates in higher communities like Samdo and Dharmashala
- Power cuts are common during bad weather and peak usage hours
- Most teahouses provide a charging facility in dining halls only
- Some lodges restrict charging time during busy evenings

Charging cost per device:

- Lower section (Machha Khola–Namrung): **NPR 100 – 200 (~ $1– $1.5 USD)**
- Mid section (Lho–Samagaun): **NPR 200 – 400 (~ $1.5 – $3 USD)**
- Higher section (Samdo–Dharmashala): **NPR 400 – 700 (~ $3 – $5 USD)**

Note: *We recommend that you bring your power banks due to limited availability of charging and electricity.*

Wifi

WiFi is available only in selected villages on the Manaslu Circuit and becomes weak or unavailable as altitude increases. You can use it only for messaging rather than for stable communication.

- Available in lower villages like Jagat, Namrung, and Lho
- Samagaun offers one of the most stable connections on the route
- Very limited or no WiFi in Samdo and Dharmashala
- Connectivity disappears completely near the Larke La region
- Mobile network (NTC/Ncell) works only in some portion in lower sections
- Internet speed is slow and often affected by weather conditions

WiFi cost per session/device:

- Lower villages: **NPR 300 – 500 (~ $2 – $3.5 USD)**
- Mid villages (Lho–Samagaun): **NPR 500 – 800 (~ $3.5– $5.5 USD)**
- Higher villages: **NPR 800 – 1,200 (if available) (~ $5.5– $8 USD)**
- Data-heavy usage, like video calls, is not reliable

Drinking water

Drinking water is available throughout the Manaslu Circuit, but options vary depending on altitude and settlement size. You should always prioritize safe, treated water due to limited filtration systems.

- **Boiled water is available** at most teahouses (paid service)
- Bottled water is sold, but becomes expensive at higher altitudes
- Natural water sources are available, but they are not safe to consume without purification
- You can get refill options in some teahouses along the trail (usually paid service)
- Hydration is critical due to cold, dry, high-altitude conditions

Water cost per liter:

- Lower region: **NPR 100 – 200 (~ $1– $1.5 USD)**
- Mid region: **NPR 200 – 300 (~ $1.5 – $2 USD)**
- Higher region: **NPR 300 – 500 (~ $2 – $3.5 USD)**
- Dharmashala: **NPR 400 – 600 (limited availability) (~ $3 – $4 USD)**
- Use water **purification tablets** or filters, 30 minutes before drinking

Note: *Avoid drinking water directly from springs, taps, rivers, lakes, and any other untreated sources.*

Food on the Manaslu Circuit Trek

Food on the Manaslu Circuit Trek is **simple**, **hygienic**, and **designed** to keep you energized during long trekking days near Mt. Manaslu (8,163 m). You are served freshly prepared meals at teahouses along the trail, made from locally sourced ingredients.

As you gain altitude, the menu becomes more limited, but meals remain warm, filling, and focused on energy, hydration, and acclimatization.

We provide **three meals a day** on a full board basis, including breakfast, lunch, and dinner. The package covers **14 breakfasts**, **14 lunches**, and **13 dinners**, served at different teahouses and lodges.

Breakfast 7:00 AM – 8:00 AM

- Porridge
- Tibetan Bread
- Boiled/fried Eggs
- Omelette
- Pancakes
- Herbal Tea

Lunch 12:00 PM – 1:00 PM

- Dal Bhat
- Chowmein
- Mo:mo
- Vegetable Fried Rice
- Soups

Dinner 6:30 PM – 7:30 PM

- Dal Bhat
- Thukpa
- Curry Rice
- Garlic or Vegetable Soup

Breakfast: Light, energy-focused start, Tibetan bread and eggs are widely available

Lunch: Main trekking energy meal, Dal Bhat is a chosen option

Dinner: Heavier, recovery-focused meal, soups and Dal Bhat are chosen options

Breakfast Options

Your trekking day begins with a **warm**, **energy-rich breakfast** served at teahouses before you start walking. In lower villages, you can find more variety, while higher stops offer simpler, carbohydrate-heavy meals that are easier to digest in cold mornings/conditions.

Most teahouses offer these common breakfast options:

- Oatmeal or porridge, including Tsampa-based options in higher regions
- Tibetan bread or chapati with jam, honey, or butter
- French Toast with jam, butter, or local cheese
- Freshly cooked eggs (boiled, omelet, or fried)
- Pancakes, muesli, or cornflakes in lower-altitude lodges
- Hot drinks such as lemon and ginger tea

Lunch Options

Lunch is your main **midday energy source**, usually taken at teahouses along the route during breaks. You will notice more variety in the lower regions, while the higher sections offer simpler but filling meals.

Dal Bhat is the most reliable and widely recommended option throughout the trek.

- Dal Bhat (rice, lentil soup, seasonal vegetables, pickles) with refill servings at many stops
- Thukpa and noodle soups for warmth and easy digestion at higher altitudes
- Momos (dumplings filled with vegetables or potatoes)
- Fried rice, macaroni, spaghetti, thenthuk noodles, and simple pasta dishes
- Sherpa stew, vegetable curry, and potatoes in the lower villages
- Sandwiches and basic bakery-style items in lower-altitude stops
- Snacks (Papad, Prawn) and Salad Pizza (Tomato, Mushroom, Mixed)

Dinner Options

Dinner is your **main recovery meal** after a long day of trekking and is usually served early in the evening. It is heavier than other meals and helps you restore energy, maintain body warmth, and prepare for the next day's trek.

- Dal Bhat set meals (highly recommended for nutrition and portion size)
- Thukpa (Tibetan noodle soup, especially common in Samagaun and Samdo)
- Vegetable curry with rice, chapati, or potatoes
- Pasta, noodles (Chowmein), and fried rice-based dishes
- Garlic soup and vegetable soups are often preferred for altitude comfort
- Momo (dumplings filled with different vegetables) and Salad/Vegetable Pizza
- Light desserts like apple pie or rice pudding in the lower villages

Food Dietary Guidelines

While Teahouses offer a mix of **Nepali**, **Tibetan**, and **basic international dishes**, you can have limited food choices based on your preferences. It is important to understand what is included in standard meals and what items may require extra payment or careful consideration during the trek.

Meat Consumption	Meat can be available in some teahouses, but we recommend not consuming it due to limited refrigeration and concerns about freshness in remote areas.
Hydration	Sip 3–4 liters of water daily. Hot drinks such as herbal tea, including ginger tea and hot lemon, are recommended.
What to Avoid?	You should avoid alcohol, high-caffeinated drinks, and heavily processed foods as they cause dehydration and affect acclimatization.
Allergies and Dietary Restrictions	Teahouses can accommodate your dietary preferences and allergies if informed in advance. You should let us and your guide know beforehand about any specific needs, such as gluten-free, vegan, or lactose intolerance. Since options can be limited in remote areas and cross-contamination may occur, it is also recommended to carry some personal snacks as backup.
What is not included?	Any additional items during breakfast, lunch, or dinner are not included in the package and are payable by you. You will need to pay extra for items outside the standard meals, such as soft drinks, packaged snacks, chocolate bars, desserts, extra tea, and bottled or hot water.

Best time to Trek Manaslu Circuit

The Manaslu circuit trek weather **varies significantly across seasons**, directly influencing trail safety, mountain visibility, and your overall trekking experience. Choosing the right time is especially important for crossing Larkya La Pass, where weather conditions can change rapidly.

Season	Temperature	Weather condition	Recommendation
Spring (March–May)	**Day:** 10°C to 20°C **Night:** -2°C to -8°C	Stable with clear views of the mountains, blooming forests, and crowded trails	Highly recommended
Autumn (September–November)	**Day:** 12°C to 18°C **Night:** -5°C to -12°C	Dry, crisp air with a very stable environment, and clear mountain views, crowded trails	Best overall season
Winter (December–February)	**Day:** 5°C to 10°C **Night:** -10°C to -20°C	Very cold, heavy snowfall at altitude with frozen passes and quiet trails	Experienced trekkers only
Monsoon (June–August)	**Day:** 15°C to 25°C **Night:** 5°C to 10°C	Rainy, humid, and cloudy with limited visibility and quieter pathways	Not recommended

Note: *The table above shows average seasonal temperatures on the Manaslu Circuit Trek. For more detailed, month-by-month weather insights, you can explore our regional* ***travel guide*** *for accurate and up-to-date information.*

Spring Season

Spring is one of the **most visually rewarding times** for the Manaslu Circuit Trek. The lower valleys become **green and colorful**, while the higher regions offer stable trekking conditions.

- **Months:** March, April, and May
- **Temperature:** 10°C–20°C (lower), down to -5°C at higher camps
- **Clear mornings** with occasional afternoon clouds
- **Rhododendron forests and wildflowers bloom** along the Budhi Gandaki valley
- **Clear views** of Mount Manaslu (8,163 m), Himalchuli (7,893 m), Ngadi Chuli (7,871 m)
- **Good visibility** of the surrounding ridges near Namrung and Samagaun
- Balanced trekking c**omfort without extreme cold**

Tip: *Start trekking early in the day to catch the clearest mountain views before afternoon clouds form.*

Autumn Season

Autumn is the **most reliable season**, offering the **clearest mountain visibility** and **stable weather conditions**. It is considered the **peak trekking season** with more trekkers on the trail.

- **Months:** September, October, and November
- **Temperature:** 12°C–18°C (day), -10°C at higher elevations
- **Dry air** with long-range visibility throughout the trek
- **Best views** of Manaslu massif, Himlung Himal, Cheo Himal, and Larke Peak
- **Panoramic visibility** from Samagaun and Dharmashala
- **Sharp sunrise views** over snow-covered Himalayan ranges
- **Ideal conditions** for crossing Larke La Pass (5,160 m)

Tip: *Book early, as teahouses and permits are in high demand during peak season.*

Winter Season

Winter transforms the Manaslu region into a remote, **snow-covered wilderness**. While scenic, certain sections are physically demanding due to extreme cold and limited accessibility.

- **Months:** December, January, and February
- **Temperature:** 5°C–10°C (day), dropping to -15°C to -20°C at night
- **Heavy snowfall** around Larke La Pass and the upper valleys
- **Very low temperature** above 3,500m with a quieter trekking experience
- **Frozen views** of Manaslu, Naike Peak, and the surrounding ridges
- **Crystal-clear skies** on stable days with dramatic snow scenery
- **Short days/daylight hours** reduce trekking flexibility
- Suitable only for **well-prepared, experienced trekkers**

Tip: *Carry high-quality insulated gear and be flexible with timing, as snowfall can affect route conditions.*

Monsoon Season

Monsoon brings **lush greenery** to the lower Manaslu region but creates challenging trekking conditions due to rain and unstable trails. Trail safety and visibility become major concerns during this period, making it the least favorable season for full circuit trekking.

- **Months:** June, July, and August
- **Temperature:** 15°C–25°C at lower valleys, 5°C–10°C in higher regions
- **Frequent rainfall a**nd high humidity in the Budhi Gandaki valley
- **Limited visibility** of the Manaslu range and Ganesh Himal due to cloud cover
- **Waterfalls** and **green landscapes** dominate the lower sections
- Increased risk of **landslides** in the lower sections
- **Leeches** are common in forested areas

Tip: *Use waterproof gear and expect flexible schedules due to rain and possible trail disruptions.*

Typical Day on the Manaslu Circuit Trekking

Your days on the Manaslu Circuit Trek follow a **comfortable**, **well-paced routine**, designed to keep you **energized** while allowing your body to adjust to the altitude. Each day, you come across fresh mountain air, ever-changing landscapes, and meaningful cultural encounters, making the journey just as rewarding as the destination.

Your typical day during the trek is:

Morning (6:30 AM – 7:00 AM): Begin your day with a warm cup of tea or coffee, taking in peaceful Himalayan views as the mountains slowly light up. This quiet moment helps you ease into the day and mentally prepare for the trek ahead.

Breakfast (7:00 AM – 8:00 AM): Enjoy a freshly prepared meal to fuel your day before setting out on the trail. A balanced and hot breakfast provides the energy needed for long hours of walking at altitude.

Beginning of the Trek (8:00 AM): After breakfast, the day's journey begins along scenic trails, crossing rivers, streams, and suspension bridges. As you move forward, you gradually find your rhythm as the trail unfolds through diverse landscapes.

Morning Walk (8:00 AM – 12:00 PM): It is the longest stretch of the day, giving you plenty of time to enjoy the views, take must-click photos, and maintain a steady pace. This is when you cover most of the distance, typically 3 to 4 hours, while the weather is generally clear, calm, and ideal for trekking.

Lunch Break (12:00 PM – 1:00 PM): After a few hours of walking, you need to rest and refuel your body for the journey ahead. Pause at a teahouse near the trail for a warm, fulfilling meal (a balanced high-carb meal). Followed by an hour of rest, it's a great opportunity to relax, hydrate, and regain energy for the afternoon trek.

Afternoon Trek (1:00 PM – 3:00 PM): It is usually a shorter, more relaxed trek, typically 2 to 3 hours towards your overnight stop. The pace is slower, allowing your body to adapt to increasing altitude.

Arrival at Overnight Stop (3:00 PM – 4:00 PM): By late afternoon, you reach your destination for the day, where you check in and settle into your teahouse lodge. Arriving early, you can enjoy light snacks or tea, relax, and give yourself enough time to recover while avoiding trekking in the colder evening temperatures.

Evening: You can have enough free time to explore the nearby village, interact with locals, or simply relax and enjoy the peaceful surroundings. It's a perfect time to take in the views and unwind after a rewarding day on the trail.

Dinner (6:30 PM – 7:30 PM): The final meal of the day is served in the lodge's dining area, where you gather with fellow trekkers in a warm and cozy setting. This hearty meal helps your body recover and recharge, while the shared space makes a friendly, social atmosphere.

Night Briefing: After dinner, you can wind down the day with light conversation and reflect on the experiences of the trek so far. Your expedition leader or guide will then brief you about the next day's route, distance, and altitude. This helps you stay informed and prepared for the journey ahead.

Sleep: After the briefing and before going to bed, you can spend your time reading books, learning a few Nepali words from the crew, watching mountaineering documentaries, or enjoying simple games like cards or Monopoly. We recommend an early sleep to support recovery and prepare for the next day's trek.

Manaslu Circuit Trek Difficulty

The Manaslu Circuit Trek is considered challenging for everyone, mainly due to its **high altitude** and **remote logistics**.

The trail will test your endurance with multi-day trekking, adjusting to limited facilities, and crossing a high mountain pass at **5,160 m**. You need to pass the mixed terrain, rugged trails, and occasional landslide-prone sections.

Note: *Even without technical climbing skills, you can complete the trek successfully with good fitness, a steady pace, and proper acclimatization.*

Manaslu Circuit Trek distance

You will follow a **long, continuous trekking route** on the Manaslu Circuit, gradually gaining elevation without shortcuts or easy exit points.

The distance can feel more demanding as you move through varied terrain, including narrow ridges, sloped paths, river crossings, and simple bamboo bridges.

As you ascend higher, the trail becomes rougher and physically demanding, especially in the upper sections leading toward **Larkya La Pass**.

- **Total trekking distance:** 160–180 km

- **Trek duration:** 14 days
- **Daily walking time:** 5–7 hours (longer on pass day)
- **Average daily distance:** 10–18 km
- The trail includes suspension bridges, stone steps, and forest paths
- Longer stretches between **Samdo → Dharmashala → Larkya Pass**

Tip: *Manage your day with short treks and short breaks instead of long stops.*

Manaslu Circuit Trek Elevation and Altitude

The difficulty increases as you ascend to higher altitudes in the Manaslu Circuit trek.

Altitude plays a major role in how your body performs during the trek. As you ascend beyond **3,000 m**, oxygen levels drop significantly, making even simple activities feel more demanding.

You need to be aware of how your body responds and adjust your speed, hydration, and rest accordingly.

Thing to know:

- Elevation gain exceeds **4,000 m** from start to pass
- Your acclimatization stop is at **Samagaun**
- You may face noticeable altitude effects after **~3,000 m**
- An early morning start is required for crossing the pass
- Long descent after **Larkya Pass** adds physical strain
- Hydration and pacing directly affect performance

Tip: *Follow the "**trek high, sleep low**" approach whenever possible to adapt better.*

Fitness level

The Manaslu Circuit is well known for its remote and less-travelled surroundings, so maintaining good fitness is not something to be compromised.

The combination of long uphill walks, ridges, and constantly changing terrain requires more focus on strength and endurance than on speed. You need to be physically prepared, enhancing your stamina and recovery ability.

Since the journey involves consecutive hours of walking and steady elevation gain, your body should be conditioned to maintain a consistent pace on uphill sections over multiple days.

You should focus on:

- Being comfortable with **5–7 hours of walking per day**
- Able to handle **steep ascents and long downhill sections**
- **Good cardiovascular endurance** for reduced oxygen levels
- **Leg strength** for uneven and rocky terrain
- Ability to **carry a light daypack** for extended periods

- Consistent energy output over **14 trekking days**

Tip: *If you can comfortably hike for 6 hours in hilly terrain, you are already close to the required level.*

Manaslu Circuit Trek for Beginners

If you are attempting the Manaslu Circuit Trek as a beginner, you require proper preparation and the right mindset. The main challenge is not technical difficulty but altitude, remoteness, and sustained physical effort without modern comforts.

Since the route is less developed and more demanding than popular treks, you should focus on physical readiness, mental preparation, and basic trekking awareness before you arrive in Nepal.

You should be aware of the trek:

- It is suitable for beginners with prior physical preparation
- You should choose itineraries with proper acclimatization days
- Doesn't require climbing or technical mountaineering experience
- Our guide support ensures safety and navigation assistance
- Limited infrastructure means fewer facilities and limited medical access on the trail
- Gradual ascent helps your body adapt to altitude changes
- Mental adaptability is important for remote conditions

Tip: *Do a shorter high-altitude trek first if you're unsure about your endurance.*

Key Preparation Advice Before Starting the Manaslu Circuit Trek

The remote nature of the Manaslu Circuit Trek includes fewer facilities, limited medical access, and no shortcut or alternative route once you are on the trail.

Your overall success depends on how well you prepare before the trek begins. Building fitness, understanding altitude, and adjusting expectations make the biggest difference.

- Train **4–8 weeks** before departure with regular hiking or cardio
- Build endurance by walking **5–10 km daily** with a backpack (**5–8 kg** weight)
- Focus on cardio fitness through running, cycling, or stair workouts
- Strengthen legs and core to handle steep ascents and long descents
- Do at least one practice hike on uneven or uphill terrain if possible
- Learn about altitude sickness symptoms and how your body may react above **3,000 m**
- Practice walking in your trekking boots before the trip to avoid blisters
- Prepare mentally for basic accommodation and limited facilities in remote areas
- Keep expectations realistic about long walking hours and simple teahouse living

Tip: *During training, focus on walking uphill with a loaded backpack and descending in control. The most common trekking fatigue comes from long ascents and the downhill impact on the knees.*

Difference between Manaslu Circuit and Annapurna Circuit

Choosing between the Manaslu Circuit and the Annapurna Circuit depends on the type of trekking experience you're looking for.

Manaslu offers a more remote, less commercialized journey with raw landscapes and quieter trails, while Annapurna provides easier access, better infrastructure, and more flexibility.

Your decision should depend on your comfort level with remoteness, logistics, and overall trekking goals. You can also take help from the table below:

Feature	Manaslu Circuit Trek	Annapurna Circuit Trek
Trek Experience	You walk through remote, less-travelled valleys where the environment feels untouched, and traditional villages are still preserved	You experience a more developed trekking route with better infrastructure and more established trekking services
Crowd Level	Trails are quiet, giving you more personal space and a peaceful walking experience	You meet more trekkers along the route, especially in peak seasons, creating a busier atmosphere
Difficulty	The trek feels more demanding due to longer remote sections, fewer facilities, and continuous terrain changes	The trek is still challenging but more manageable due to better access and frequent stopping points
Trail Conditions	Paths are more rugged and natural, with fewer upgrades and more raw mountain terrain	Trails are more maintained and developed with stairs and marking, making trekking slightly more comfortable
Accommodation	You stay in simple teahouses with basic and shared facilities, especially in higher regions	You find more variety in lodges, including slightly more comfortable options in many villages
Maximum Altitude	Crossing Larkya Pass at 5,160 m requires careful pacing and acclimatization	Cross Thorong La Pass at 5,416 m, one of the highest trekking passes in the world
Cultural Experience	You can experience a strong Tibetan-influenced culture, with fewer external influences	You see a mix of cultures and more commercial interaction in villages along the route
Flexibility	The route is fixed with limited exit options once you start	You can shorten, extend, or modify sections more easily depending on your plan

***Tip:** Choose Manaslu if you want solitude and authenticity; choose Annapurna if you prefer flexibility and comfort.*

Manaslu Circuit Trek Permits

To trek the Manaslu Circuit, you need **three permits** as the route passes through a restricted and protected Himalayan region. These permits regulate entry, support conservation, and ensure that trekkers are monitored in remote border areas.

These permits are:

- Manaslu Restricted Area Permit (RAP)
- Manaslu Conservation Area Permit (MCAP)
- Annapurna Conservation Area Permit (ACAP)

You can get permits in Kathmandu at Nepal's Tourism Board Department, except for the **Restricted Area Permit**. However, we all get these permits on your behalf.

Key Notes:

- You must carry physical copies during the trek
- Permits are non-transferable and non-refundable
- Costs may change based on government regulations
- Valid for a single entry and remains applicable throughout the entire trek.

Manaslu Conservation Area Permit (MCAP)

This permit is required as the trek passes through the **Manaslu Conservation Area**, which protects natural resources, wildlife, and local ecosystems. The permit fee directly supports trail maintenance, conservation programs, waste management, and local community development.

- **Cost is fixed**
  - For Foreign nationals: **NPR 3,000** per person (approx. **$25 USD**)
  - For SAARC nationals: **NPR 1,000** per person (approx. **$8 USD**)
  - For Nepali citizens: **NPR 100** per person
- **Requirements are:** a valid passport copy, passport-sized photos, and a basic trek itinerary

Are you curious why MCAP is needed? It is mandatory to:

- Regulate tourist movement in the conservation zone
- Protect endangered flora and fauna
- Support sustainable tourism practices
- Maintain trekking routes and visitor facilities
- Help local authorities monitor and manage trekkers during the trek

Note: *Without a valid MCAP permit, trekkers are not allowed to enter the Manaslu Conservation Area checkpoints.*

Annapurna Conservation Area Permit (ACAP)

The **Annapurna Conservation Area Permit (ACAP)** is required because the Manaslu Circuit Trek eventually enters the Annapurna Conservation Area after crossing **Larke Pass**. As we move towards the exit section of the trek from **Dharapani** onward, the trail falls within this protected conservation zone.

The permit fee directly supports environmental conservation, waste management, local infrastructure development, and sustainable tourism.

- **Cost is fixed:**
  - **NPR 3,000** per person (approx. **$25 USD**) for foreign nationals
  - **NPR 1,000** per person (approx. **$8 USD**) for SAARC nationals
  - **NPR 100** per person for Nepali citizens
- **Requirements are:** a passport copy, a passport-sized photo, and trek route details
- Legal entry into the Annapurna Conservation Area

ACAP supports:

- Conservation of forests, wildlife, and mountain ecosystems
- Maintenance of trekking trails, bridges, and signage
- Proper tracking of trekkers exiting the Manaslu route
- Visitor monitoring and environmental protection

Note: *Since the trek passes through both the Manaslu and Annapurna conservation areas, you must carry both* ***MCAP*** *and* ***ACAP*** *permits during the journey.*

Why is a Restricted Area Permit required for the Manaslu trek?

The **Restricted Area Permit (RAP)** is required because parts of the **Manaslu Region** lie close to the **Nepal–Tibet border** and are considered strategically sensitive by the Nepal government.

Unlike the MCAP, which mainly focuses on conservation and environmental protection, the RAP is primarily introduced for security, border control, and regulated tourism management.

The Restricted Area Permit is required from **Jagat and continues through Larkya La Pass until Bhimtang.**

Cost varies with season and the number of days spent in the restricted area.

- Sept–Nov: **$100 USD** for the first 7 days per person, then **$15 USD** per person per day
- Dec–Aug: **$75 USD** for the first 7 days per person, then **$10 USD** per person per day
- **Extra days are charged** if your itinerary extends beyond the initial permit duration
- Entry and exit are logged at multiple checkpoints along the route
- Permit duration must match your actual trekking schedule

The RAP helps authorities to:

- Monitor foreign trekkers in remote border areas
- Control movement in culturally sensitive villages
- Reduce illegal border crossing and unregulated travel
- Ensure trekkers travel with registered guides and agencies
- Improve safety in isolated regions with limited infrastructure
- Managing trekkers' flow to reduce overcrowding in narrow trail sections

Note: *The overall cost of this permit is directly linked to your itinerary and how much time you spend within the restricted region. Cost increases if you add extra acclimatization or delay days in this area.*

Tourist Visa for Manaslu Circuit

In addition to the permits, a **tourist visa** is mandatory for all **foreign nationals** except **Indian citizens** to enter Nepal and trek in the Manaslu region.

Most travelers can obtain a **visa on arrival** at **Tribhuvan International Airport** in **Kathmandu**. You also have an option to apply online in advance, which helps reduce waiting time at the immigration counter upon arrival.

You will generally need the following documents:

- **Passport** with at least 6 months' validity
- **Passport-size photographs**
- **Completed visa application form** (if not submitted online)
- **Visa fee payment**

Some nationalities may not be eligible for a **visa on arrival**. In such cases, travellers must apply through the **Nepalese embassy or consulate** in their home country. For official updates and eligibility details, visit the **Nepal Immigration Department**.

You have three options for acquiring a **Nepali tourist visa**:

- **15 Days Visa:** $30 USD
- **30 Days Visa:** $50 USD
- **90 Days Visa:** $125 USD

For the **Manaslu Circuit Trek**, a **30-day visa** is generally recommended. It provides additional flexibility for itinerary changes, weather delays, acclimatization, or extended stays in Nepal before or after the trek.

Travel Insurance for Manaslu Trekking

Travel insurance is more critical for the **Manaslu Circuit Trek** as it is more remote than other trekking routes. Since the highest point reached is **Larkya La Pass at 5,106 m (16,752 ft)**, standard policies that only cover up to 5,000 m may be insufficient or legally useless.

Are you considering buying insurance capped at **3,000 m or 4,500 m altitude**?

Choosing such a policy is essentially hoping that nothing goes wrong at the most challenging section of the trek, the pass. It also means you are taking a risk by travelling beyond your coverage limits. In some cases, it may even affect your ability to obtain the **Restricted Area Permit (RAP)** or proceed into the higher regions of Manaslu.

Additionally, two of the acclimatization hikes are already above **4,500 m**, highlighting the need for adequate high-altitude coverage.

Make sure you contact your insurance provider and confirm that:

- Must have a high-altitude coverage up to **5,106 m**
- Ensure validity for the full trekking route in high-altitude zones
- Provide emergency helicopter evacuation
- Cover medical emergencies such as altitude sickness, severe injuries, or illness
- Include treatment expenses in Kathmandu
- Protection against cancellations due to bad weather, landslides, or unexpected delays

Note: *Provide a digital copy of insurance to us before booking, and carry a printed copy with you during the trek.*

Manaslu Circuit Trek Cost

The Manaslu Circuit Trek cost is structured based on your **group size**, **service level**, and **itinerary duration**, offering flexible pricing options for different types of trekkers. Since this is a restricted and remote route, our package cost reflects permit fees, professional guide support, accommodation, meals, and full logistical arrangements.

Group Size	Cost Per Person (USD)	Notes
Small Group (2–3 Trekkers)	$1,150	More personalized service, flexible itinerary, but the highest per-person cost due to fixed logistics.
Medium Group (4–7 Trekkers)	$1,100	Balanced group size with slightly reduced cost and good social trekking experience.
Large Group (8–13 Trekkers)	$1,060	Better cost efficiency as fixed expenses are shared among more trekkers.
Very Large Group (14–21 Trekkers)	$1,030	Significant reduction in per-person cost with well-managed group logistics.
Extra Large Group (22–30 Trekkers)	$1,000	Best value option with maximum cost sharing across a large group.

Smaller groups offer greater privacy and flexibility in pacing, while larger groups significantly reduce individual expenses without compromising on service quality or safety standards.

Note: *All pricing adjustments are automatically applied during the booking process based on confirmed group size.*

How Much Cash Do You Need For Extra Expenses?

Although our package covers the main trekking expenses, you still need extra cash for personal spending during the journey.

You should carry enough cash and plan slightly more than expected, as most remote villages rely on cash payments, and digital payment systems can be limited or unreliable.

- Carry enough **Nepalese Rupees (NPR)** before starting the trek from Kathmandu
- Budget extra for **hot showers**, **charging devices**, **Wi-Fi**, snacks, and drinks
- Plan your budget for snacks and other **tipping expenses**
- Food and basic items become more expensive at higher elevations
- Personal purchases like souvenirs or bakery items are not included in trek packages
- **Emergency cash** is recommended for unexpected delays or weather disruptions

Note: *Your extra expenses during the trek mainly depend on your personal spending habits and additional purchases along the route.*

Money Exchange

Currency exchange services are easily available in **Kathmandu**, especially around the **Thamel area**, where most trekkers prepare before starting the Manaslu Circuit Trek.

You should exchange your money before leaving the city, as reliable exchange facilities are not available once you enter the remote trekking region.

- Exchange major foreign currencies into **Nepalese Rupees (NPR)** before departure
- Digital payment systems and international cards are rarely accepted in remote villages
- Airport exchange counters usually provide lower rates than money changers in Kathmandu
- Most teahouses, shops, and checkpoints along the trail operate on a **cash-only basis**
- Keep your exchange receipts if you plan to convert leftover currency after the trek
- Carry smaller NPR denominations for easier transactions in villages and local shops

ATM Services

ATM access is limited and unreliable along the Manaslu trekking route, especially after entering the restricted region. Dependence on card withdrawals can create problems due to network interruptions, power outages, machine unavailability, or cash shortages in remote areas.

Things to consider:

- Reliable ATM facilities are mainly available in **Kathmandu**
- Some lower trail towns may have ATMs, but service reliability is inconsistent
- Upon availability, ATMs often run out of cash during busy trekking seasons
- International debit and credit cards may not function properly in remote villages
- ATMs in Nepal have withdrawal limits per transaction or per day
- You may need to withdraw cash multiple times to get enough money

- Most high-altitude areas do not provide banking or withdrawal services

Note: *Withdraw sufficient cash in Kathmandu before driving to the Manaslu trailhead.*

Guide and Porter

We are experienced trekking operators with decades of expertise. You can feel 100% confident about booking trips with us because we are:

- A **Nepal government-authorized** and bonded trekking company
- Registered members of **TAAN (Trekking Agencies Association of Nepal)**
- Affiliated with **NMA (Nepal Mountaineering Association)**

During the trek, you are accompanied by experienced **government-licensed guides** and **Sherpas**, supported by porters who carry your main luggage.

Our crew comes from remote Himalayan regions, giving them natural altitude endurance and deep familiarity with trekking routes. They are trained to ensure safety, efficiency, and smooth logistics throughout the journey.

Team Qualification:

- Government-licensed trekking guides and Sherpas
- Intensive Wilderness First Aid training
- Fluent in English and another major language
- Conservation and biodiversity training
- Rock climbing and high-altitude trekking experience

Note: *We prioritize our team's well-being through fair wages, insurance, proper gear, food, lodging, and medical support when needed.*

What is the luggage limit for the Porter?

Porters are the ones who often carry heavy loads through the steep terrain, suspension bridges, landslide-prone trails, and high-altitude sections beyond Samagaun.

We ensure porters are not overloaded and are treated fairly with proper safety and working conditions.

Porter guidelines are:

- One porter is assigned for two trekkers
- The maximum load limit is **18 kg per porter**
- Each trekker should carry around **9 kg of luggage**
- Recommended duffel bag size: **60–70 liters**
- Weight can be shared between trekking partners (**9 kg each**)
- A porter carries only one duffel bag/rucksack with a combined weight

The main luggage is carried by your porter, while you must carry your **personal daypack**, including:

- Your documents, such as a passport, photos, and a photocopy of permits
- Electronics: charger, mobile, camera, etc.
- Basic personal items such as toilet paper, hand sanitizers, and sanitary pads
- Sun protection: sunscreen, eyeglasses, a hat, a mask, and lip gloss
- A water bottle, snacks, a first-aid kit, and a raincoat

Note: *If you don't have one, we can provide a used, non-waterproof duffel bag; however, a waterproof duffel bag is highly recommended, especially during the monsoon season.*

Tipping Culture in Nepal

Tipping trekking staff in Nepal is a **common practice** and considered a gesture of appreciation for the effort they put in throughout challenging mountain conditions. There is **no fixed amount**, as it usually depends on your trek duration, group size, and the level of service you receive.

Many trekking staff come from Himalayan mountain communities and depend heavily on seasonal trekking income. So you can tip accordingly as a reward for their good service, safety support, and professionalism.

We encourage you to tip collectively at the end of your trip based on your satisfaction and overall experience.

- Guides and porters are typically tipped at the end of the trek
- You can collect all contributions from your group and offer a collective tip
- Tips are normally given in cash, so carry separate cash
- Assistant guides and kitchen staff may also be tipped separately

Note: *Tipping is not mandatory but is widely appreciated after physically demanding treks like the Manaslu Circuit.*

Luggage Storage

You must leave extra luggage in Kathmandu before starting the Trek, as carrying unnecessary weight becomes difficult on remote mountain trails.

Most hotels in Kathmandu offer a complimentary storage option for returning guests. You can confirm this directly with your hotel before departure.

We also provide a secure locker facility to store your belongings that are not required during the trek.

- Store suitcases, electronics, city clothes, and other non-trekking items before departure
- Use lockable duffel bags for extra protection and easier organization of belongings
- Carry only essential trekking equipment on the trail
- Keep passports, permits, cash, and valuables with you throughout the trek

Safety on the Manaslu Trek

During this trek, you pass through **remote valleys**, **landslide-prone trails**, **river crossings**, and steep mountain terrain where weather conditions can shift rapidly.

Your safety remains our top priority, which is why our experienced guides, support staff, proper preparation, and acclimatization play a major role in completing the trek safely.

What can you do?

- Follow the planned itinerary to reduce **altitude-related risks**
- Accompanied by a **licensed guide** familiar with the local trail conditions
- Stay hydrated and maintain a steady walking pace each day
- Be careful of weather changes that can affect visibility and trail safety near the pass
- Have travel insurance with **helicopter evacuation coverage**
- Carry a **first-aid box** and any regular medicine you consume in your backpack
- Eat proper food throughout the trail

Note: *Inform your guide immediately if you experience any unusual physical discomfort during the trek.*

Altitude Sickness on the Manaslu Trek

The Manaslu Circuit reaches high elevations above **5,000 meters**, where lower oxygen levels can affect trekkers differently, regardless of fitness or trekking experience.

The risk of altitude-related issues increases significantly beyond **Samagaun** as the trail gradually ascends toward **Samdo**, **Dharmashala**, and **Larkya La Pass**. Recognizing early warning signs and proper acclimatization can help your body adjust to thinner air.

What should you know about AMS and its prevention for your safety?

- **Common signs of AMS:**
  - Headache
  - Nausea
  - Dizziness
  - Tiredness
  - Loss of Appetite
  - Difficulty in breathing
- Acclimatization stops in villages like **Samagaun** help reduce stress caused by rapid elevation gain.
- Moving too fast without enough recovery time increases the possibility of **Acute Mountain Sickness (AMS)**.
- You can carry **Diamox (Acetazolamide)** after professional advice for AMS. We can also provide these medications.
- You may face poor sleep, unusual weakness, and lack of energy at higher elevations.

- Severe cases may lead to **HAPE** or **HACE**, requiring immediate descent and emergency medical support.
- Go for the traditional way of recovery, i.e., warm fluids and garlic soups to support acclimatization.
- Smoking, alcohol, or excessive caffeine consumption can worsen the symptoms, so avoid them.
- Don't rush; walk at a steady pace, adjusting your body with altitude during long ascent days.

Note: *Your guide will monitor your condition and assist if altitude-related issues appear during the journey.*

Communication Protocols

Mobile connectivity is available in some lower villages along the Manaslu Circuit, but the signal becomes less reliable as you move toward higher elevations.

In isolated areas beyond **Samdo** or **Dharmashala**, network access may remain unavailable for extended periods. Whereas, communication can be done through satellite.

What can you expect?

- **Nepal Telecom (NTC)** generally provides better coverage than Ncell in mountain regions
- Network access is more stable in lower villages like **Machhakhola**, **Jagat**, **Namrung**, and **Samagaun**
- Signal quality often weakens near **Dharmashala** and around **Larkya Pass**
- Wi-Fi services are available in selected teahouses for an additional charge
- Internet speed in remote villages is usually slow and affected by weather or power supply
- Heavy snowfall, rain, or storms can interrupt both mobile networks and Wi-Fi connections
- Guides maintain contact with our Kathmandu team for itinerary updates and daily progress
- Some of our team members carry satellite phones or alternative communication devices in remote sections
- Inform family members in advance that communication gaps of several days are possible on the trail

Note: *In case of emergency, rescue coordination in remote areas may depend on local telecom coverage, guide communication, and weather conditions.*

Emergency Evacuation

We go for an emergency evacuation on the Manaslu Circuit trek through a **helicopter** in serious medical emergencies, major injuries, or severe altitude-related conditions.

Rescue coordination in a remote area depends on weather conditions, communication, visibility, and valid insurance coverage. In many cases, the first thing you can do before the helicopter becomes available is to **descend to lower altitudes**.

Things to consider:

- Helicopter rescue is the fastest evacuation option in remote mountain areas
- Your travel insurance must include **helicopter evacuation coverage**
- Make sure your policy clearly covers high-elevation trekking above **5,000 meters**
- The official team will coordinate rescue communication, location updates, and emergency procedures with your guide if needed
- Poor weather, snowfall, or strong winds can delay rescue flights in higher elevations
- Rescue helicopters are commonly arranged from areas like **Samagaun**, **Samdo**, or **Dharmashala**, depending on conditions
- You may need to descend to a safer altitude if symptoms become severe before evacuation support arrives
- Carry both printed and digital copies of your insurance documents during the trek
- Keep emergency contact numbers and insurance details easily accessible in your backpack
- Limited medical facilities along the route make early reporting of symptoms extremely important
- Delaying communication about injuries or altitude sickness can make rescue coordination more difficult
- Your insurance provider may require direct approval before helicopter evacuation services are activated

How to Prepare for The Manaslu Circuit Trek?

The **Manaslu Circuit Trek** demands **physical endurance**, **mental readiness**, and proper preparation for Himalayan landscapes and conditions.

You can prepare yourself by training before arrival in Nepal, which will help you handle long walking days, altitude gain, and rugged mountain terrain more comfortably.

- Build stamina through hiking, stair climbing, or cardio training before the trek
- Practice walking with a backpack on uneven trails
- Choose used trekking boots to avoid blisters during the journey
- Pack layered clothing suitable for changing mountain temperatures
- Learn basic altitude awareness before trekking above **3,000 meters**
- Carry essential medications, reusable water bottles, and trekking documents
- Be open for limited facilities, simple teahouses, and basic mountain services

Physical Fitness Preparation

Good physical conditioning improves endurance on steep ascents, rocky trails, and long trekking days around the Manaslu region. Consistent training before the trek helps reduce exhaustion and supports better acclimatization.

- Focus on **leg strength**, **cardio endurance**, and breathing capacity
- Train regularly for at least **4–8 weeks** before departure
- Include uphill walking or stair exercises in your routine
- Stretching improves flexibility during long descents and uneven trails

Packing Essentials for Manaslu Circuit Trek

Packing correctly helps trekkers stay comfortable across changing elevations, cold temperatures, and remote mountain conditions. Lightweight but functional gear is best suited for the Manaslu Circuit route.

- **Insulated jacket**, thermal layers, gloves, and a warm hat
- **Waterproof outer shell** for rain, snow, and strong winds
- **Trekking poles** for balance on steep and rocky sections
- **Sleeping bag** suitable for temperatures up to 5°C
- **Water purification tablets** or a filtration system
- **Sunscreen, sunglasses, lip balm**, and a personal first-aid kit
- **Headlamp** with extra batteries for early morning trekking days

After the Manaslu Circuit Trek

Completing the **Manaslu Circuit Trek** brings a strong sense of achievement after crossing remote valleys, high mountain passes, and culturally rich Himalayan villages. After returning to **Kathmandu**, you can take time to relax, recover, and explore nearby cultural and spiritual landmarks at your own pace.

With us (**Discovery World Trekking**), your post-trek experience includes a warm farewell gathering and memorable keepsakes from your Himalayan journey.

We provide:

- A farewell gathering in Kathmandu at the end of your trek to celebrate the successful completion of your journey
- A trek achievement certificate: **Manaslu Circuit Trek Completion Certificate**
- A company souvenir, including a T-shirt and cap, as a memory of your journey
- Private transportation from your hotel to **Tribhuvan International Airport** for your safe departure

Rest and recovery are important after long trekking days at high altitude, which is why many trekkers choose to stay an extra night in Kathmandu. It allows you time to:

- Unwind with spas, cafés, restaurants, and cultural sightseeing
- Manage laundry and gear cleaning with services available in Kathmandu

- Plan if you want to continue your journey to destinations like **Pokhara**, **Chitwan**, or other regions in Nepal

Why Choose the Manaslu Circuit?

The trek to Manaslu Circuit is a remote experience where adventure, rich mountain culture and untouched natural beauty come together in one journey.

Crossing Larkya La Pass

Crossing **Larkya La Pass (5,106 m)**, one of the highest altitude crossings, is the biggest achievement of the **Manaslu Circuit Trek**. As you ascend through the isolated settlement of **Dharmashala**, the final stop before the pass, the landscape opens into a stunning 360-degree view of snow-covered Himalayan peaks.

The remote atmosphere around the pass, with thinner crowds, makes it feel far more adventurous than many trekking routes in Nepal.

Main highlights of this pass are:

- Reach a summit decorated with traditional Buddhist prayer flags
- Begin the trek towards the pass crossing before dawn to avoid strong afternoon winds
- Experience the most challenging and rewarding day of the Manaslu Circuit
- Enjoy the sunrise over **Himlung Himal** during the pass crossing
- Views of different mountains such as **Cheo Himal**, **Kang Guru**, and **Annapurna II**
- Witness the transition from the Manaslu region into the Annapurna side
- Walk through seasonal snow-covered landscapes and glacier views near the pass
- Capture wide Himalayan panoramas, including **Larke Peak** and **Manaslu North**
- Immerse yourself in a raw and peaceful high-altitude atmosphere
- Descend from barren alpine terrain into the greener **Bimthang Valley** landscapes

***Tip:** Crossing this pass is the longest and most physically demanding. Proper acclimatization at **Samagaun** helps make it safer and more comfortable.*

Landmarks and Scenic Highlights of Manaslu Circuit Trek

The **Manaslu Circuit** showcases a continuous chain of natural landmarks and constant changes in scenery, making every trekking day visually unique.

In each section of the trail, you will be introduced to a new geographic feature, from deep river-cut valleys to high alpine viewpoints and glacier-fed mountain basins. These landmarks mark the natural progression of altitude and terrain throughout the trek.

Some scenic highlights you can be part of are:

- **Budhi Gandaki Valley Corridor:** a deep river valley carved between steep cliffs and gorges
- **Jagat Stone terraces and Cliff villages:** traditional hillside villages built into narrow mountain ledges

- **Philim Suspension Bridge:** a long hanging bridge connecting the deep gorge section of the valley
- **Namrung Forest Ridge Viewpoints:** elevated forest trails where tree lines open to distant views of Himalchuli (7,893 m) and Ngadi Chuli (Peak 29)
- **Lho Ridge:** Manaslu (8,163 m) dominates the skyline above Ribung Gompa, forming the first full frontal mountain exposure
- **Shyala Amphitheatre:** a natural open bowl village forming a complete snow-capped mountain range, such as Manaslu and Peak 29
- **Samagaun High Basin:** a broad settlement area positioned directly beneath the Manaslu north face and the massif
- **Birendra Lake (Glacial Lake Formation):** a turquoise lake formed by Manaslu glacier meltwater
- **Pungyen Gompa route:** rugged icefield landscape, facing the icefall wall of Pungyen Glacier beneath the southern slopes of Himalchuli
- **Manaslu Base Camp:** a high-altitude glacial trail above Samagaun, offering close-up views of the Manaslu north face, surrounding icefalls, and the upper Manaslu glacier system
- **Dharmashala Alpine Plateau:** isolated, barren, high-altitude stop below Larke Peak (6,249 m), used as the final staging point before the pass
- **Bimthang Alpine Valley:** a wide post-pass valley bordered by Cheo Himal, Lamjung Himal, and Manaslu North ridgelines

Wildlife and Biodiversity of Manaslu Region

The **Manaslu Conservation Area** covers a wide range of ecosystems, protecting both Himalayan wildlife and rare mountain vegetation.

As you trek upward, the landscape filled with bamboo forests, pine trees, and rhododendron blooms transitions into rugged alpine and glacial zones.

The region is mainly known for its vibrant birdlife, especially the colourful **Himalayan monal**, Nepal's national bird, found in forested zones.

- Trek inside **Manaslu Conservation Area**, a protected biodiversity zone
- Spot the **Danphe** (Himalayan monal) around forested areas like Namrung, Lho, and Samagaun
- Observe **blue sheep (bharal)** on cliffs near Samdo and approaches to Larkya La Pass
- See **Himalayan thar** grazing on rocky slopes above Samdo and Dharmashala (Larke Phedi)
- Encounter **musk deer** in dense forest sections between Jagat and Deng
- Discover rare Himalayan medicinal plants like **Yarsagumba (Cordyceps sinensis)** in high alpine zones near Samdo and the Larke region
- Experience clear altitude-based vegetation zones: subtropical forests (Jagat–Deng), rhododendron and pine forests (Namrung–Lho), alpine scrub (Samagaun–Samdo)

- Walk through glacier-fed ecosystems of the Budhi Gandaki River basin, supporting fragile high-altitude biodiversity
- Notice less vegetation near the upper zones, covered by **juniper bushes, moss, and alpine grasslands**
- Spot diverse Himalayan bird species adapted to cold environments, especially in forest and river corridors

Culture and Festivals in the Manaslu Circuit

The Manaslu region is deeply influenced by **Tibetan Buddhist culture**, especially in villages close to the **Nepal–Tibet border**.

As you trek through **Sama Gaun**, **Samdo**, and **Lho**, you experience ancient traditions, monastery life, prayer rituals, and mountain customs that are still actively practiced today.

The main cultural highlights of the Manaslu Circuit are:

- **Strong Tibetan Buddhist influence** throughout the region
- **Ribung Gompa in Lho**, an important monastery with mountain views
- Explore **Pungyen Gompa** near the Manaslu Glacier
- **Mani walls** carved with Buddhist prayers along the trail
- Spinning traditional **prayer wheels** in village monasteries
- Witness colorful **prayer flags** across mountain passes and settlements
- Experience **yak herding traditions** in high-altitude villages
- Observe local **farming lifestyles** in Nubri Valley communities
- Discover villages shaped by centuries of **Nepal–Tibet trade connections**

Festivals Celebrated in the Manaslu region are:

- **Losar (Tibetan New Year)** – Celebrated mainly in Samagaun, Samdo, Lho, and Prok by Tibetan Buddhist Nubri and Tsum communities with monastery prayers, masked dances, music, and community feasts.
- **Dumje Festival** – Observed in Samagaun, Lho, and surrounding Nubri villages by Sherpa and Tibetan-origin Buddhist communities. They pray for peace, protection, prosperity, good harvests, and community unity.
- **Mani Rimdu (local monastery version)** – Held in monasteries like Ribung Gompa (Lho) by Buddhist monks and local villagers, featuring sacred cham dances, spiritual ceremonies, and rituals.
- **Saga Dawa** – Celebrated across Samdo, Samagaun, and Lho by Buddhist devotees, honouring Buddha's life (birth, enlightenment, and death) through butter lamp offerings and prayers.
- **Yartung Festival** – The traditional Himalayan festival seen in upper Nubri villages such as Samagaun and Lho by local Tibetan Buddhist communities, featuring horse riding/races, archery, social gatherings, and cultural performances.

- **Buddha Jayanti** – The celebration in Samagaun and Lho monasteries by monks and local Buddhist residents, marking the birth of Lord Buddha with prayer ceremonies and chanting.
- **Harvest Celebrations** – Seasonal village gatherings in Samdo, Samagaun, Deng, and Ghap by local farming communities after barley and potato harvests.
- **Dashain** – Traditionally followed in lower trail villages like Soti Khola and Arughat by Hindu communities with family gatherings and blessings.
- **Tihar (Deepawali)** – Festival of lights with oil lamps, flower garlands, "Deusi" singing, and worship of animals and gods, celebrated in the lower regions of Manaslu like Machha Khola and Arughat.

Local Dress in Manaslu Circuit

Traditional clothing in the Manaslu region is designed for cold Himalayan weather and reflects strong Tibetan cultural roots. Many locals in **Samagaun** and **Samdo** still wear **handmade woolen garments** during daily life and festivals.

During celebrations like **Losar**, villages become colourful with ceremonial outfits, jewellery, and traditional accessories.

- **Chuba (Tibetan robe)** – long woolen robe tied with a belt, common in Samdo, Samagaun, Lho
- **Pangden apron** – striped woolen apron symbolizing marital status, seen in Nubri Valley women
- **Bakhu / Kho** – thick ankle-length coat used in daily life in high villages
- **Goncha** – woolen inner dress layers worn for extreme cold by elderly villagers and monks
- **Monk robes (Gos / Zen-style)** – maroon robes worn in monasteries like Ribung Gompa and Pungyen Gompa area
- **Woolen sweaters and jackets** – used by farmers and yak herders in Samagaun, Deng, and Namrung
- **Yak wool shawls** – worn by women during winters or festivals in Nubri villages
- **Traditional boots (Docha)** – worn in high-altitude settlements like Samdo
- **Festival attire** – bright layered costumes worn during Losar and Dumje celebrations
- **Tibetan-style caps and hats** – worn during farming, travel, and religious events
- **Ornamental jewellery** – turquoise, coral, and silver worn mainly by women in Nubri communities
- **Kera belts** – woolen or yak-hide belts used to secure robes during daily work

Note: *Clothing style varies by altitude. People wear heavier wool in* ***Samdo*** *(the coldest zone), whereas lighter woven garments are used in lower villages like* ***Deng*** *and* ***Jagat****.*

Historic Trade Routes of the Manaslu Region

The Manaslu Circuit is a living Himalayan heritage route shaped by centuries of **Nepal–Tibet exchange**. Long before modern trekking began, this corridor was used by **salt traders** and **yak caravans** crossing high passes to connect remote mountain communities.

Today, as you trek on the same paths, you move through villages that still preserve their ancient identity, old trading trails, stone resting places, and traditional architecture shaped by generations of cross-border movement.

- Follow the ancient **Nepal–Tibet salt trade route** that operated for centuries
- Cross traditional caravan pathways used by yak traders carrying salt, wool, and herbs
- Explore historic trading villages such as **Samdo**, **Lho**, **Namrung**, and **Bihi Phedi**
- Visit **Samdo**, one of the last traditional villages near the Tibetan border
- Discover stone-built Himalayan shelters and old resting points used by traders
- Experience strong cultural influence of **Nubri** and **Bhotia communities**, shaped by cross-border trade
- Learn how monasteries like **Ribung Gompa (Lho)** supported travelers spiritually and culturally
- Pass through remote valleys with deep historical and cultural importance
- Follow routes that once connected Nepal with Tibet through **Larkya La Pass (5,106 m)**
- See how ancient trade still reflects in local lifestyle, language, and architecture

Note: *This journey gives you a rare opportunity to experience a historic Himalayan corridor where culture, trade, and mountain survival were once closely linked, shaping everyday life.*

Ecotourism Practice in Manaslu Circuit

The **Manaslu region** remains one of Nepal's strongest examples of **sustainable Himalayan trekking**. Here, local communities and conservation initiatives work together to protect the fragile mountain ecosystem and the traditional Tibetan-influenced culture.

Even as a less commercialized trekking region, the **Manaslu Circuit** continues to follow responsible tourism practices. These implementations help preserve remote villages, wildlife habitats, forests, and the authenticity of the trail for future generations.

What do we encourage our trekkers to practice in promoting ecotourism?

- Carry reusable water bottles/thermos and purification tablets to reduce plastic waste on the trail
- Follow **"Leave No Trace"**, carrying any trash such as disposable batteries, wrappers, and non-biodegradable waste with you to dispose of properly
- Follow the designated trails to avoid damaging the fragile landscape and vegetation
- Stay at locally operated teahouses, support community shops and businesses
- Respect local customs, monasteries, prayer sites, and cultural traditions throughout the trek

- Practice responsible photography by asking permission before photographing local people and places
- Walk clockwise around mani walls, chortens, and prayer wheels as a sign of cultural respect
- Use water, firewood, and electricity carefully in remote mountain villages with limited resources
- Avoid disturbing wildlife or making excessive noise in protected areas
- Use eco-friendly trekking gear and reusable containers whenever possible

Note: *We hire local guides and porters, which directly contributes to employment opportunities in the Manaslu region.*

How to Book the Manaslu Circuit Trek?

Booking your Manaslu Circuit Trek is designed to keep all permits, guides, and logistics arranged well before you arrive in Nepal. Once you confirm your preferred travel dates, your booking is secured with an initial deposit and essential travel details. This allows the team to organize accommodation and support staff smoothly ahead of time.

We offer fully **private treks**, meaning you will not be grouped with other trekkers. You must have your own group before booking, which allows you more control over pace, daily schedule, and comfort level throughout the trek.

For larger groups of **12 or more trekkers**, we provide an additional assistant guide to ensure smooth coordination and safety on the trail.

What payment methods are accepted?

To confirm your trek booking, you are required to pay a **10% advance deposit**. This initial payment helps process permits and secure your trekking arrangements. You can pay the remaining balance after you arrive in **Kathmandu** before the trek begins.

We accept different payment gateways such as:

- **Credit or debit card payment**
- **Direct bank transfer**
- **Wise transfer service**
- **Western Union transfer**
- **Cash payment in Kathmandu** for the remaining balance

Note: *After booking, you have to email other documents within a week, including your photos, travel insurance details, and flight schedule.*

Last-Minute Booking

We understand that not every travel plan is made months or weeks in advance. Although the Manaslu Trek requires early booking, we can still arrange last-minute departures depending on permit approval and the availability of guides, porters, and teahouses.

Things to consider:

- You can book the package with **10% payment** of the total cost
- Pay the remaining **90% of the cost before 24 hours** of departure to Manaslu Circuit
- Suitable if you are travelling immediately or already in **Kathmandu, Nepal**
- Bookings depend on real-time permit and accommodation availability
- Changes or delays may occur due to weather or logistical conditions
- Quick coordination is required for documents and permits
- You should already have insurance and documents ready

Flexible Itinerary

We offer fixed departure dates for the **Manaslu Circuit Trek**, which can also be adjusted to suit your needs.

You can modify your itinerary based on your travel schedule in Nepal. This allows you to adjust the pace of the trek according to weather conditions, acclimatization, and your physical condition during the journey.

With flexibility, you can have the opportunity to:

- Choose from scheduled departures or request personalized dates
- Add additional acclimatization or rest days when needed
- Modify start and end dates based on your travel plan
- Maintain walking distances and adjust pace depending on group fitness levels
- Adjust plans during weather delays or trail conditions
- Combine the trek with nearby routes or cultural side trips

Tsum Valley Add-on

If you're still looking for more adventure after the Manaslu Circuit, the Tsum Valley Trek is a perfect extension to continue your journey deeper into the Himalayas.

The Tsum Valley extension adds a deeper cultural and spiritual experience to your Manaslu trek. This secluded valley has remained largely untouched by modernization, where ancient Buddhist traditions and a slow-paced mountain lifestyle are still actively practiced.

What can you explore in the Tsum Valley?

- Authentic Tsum villages such as **Chumling**, **Nile**, and Mu Gompa area communities
- Pass through the **Philim–Lokpa gateway section**, which connects the main Manaslu route to the Tsum Valley
- **Lokpa Village**, the first village in the Tsum Valley, was blessed by **Padmashamva** centuries ago
- Experience traditional settlements like **Domje** and **Chhekampar (Chhokangparo)** with the hospitality of the local Tibetan group "Tsombo"
- Explore **St. Milarepa Piren Phu Cave**, the most sacred cave, and **Dhephu Doma Gompa**, one of the oldest monasteries in the Tsum

- Visit key spiritual centers, including **Rachen Gompa** and **Mu Gompa**, important Buddhist monasteries in upper Tsum
- Walk through quieter trails with very limited commercial development and fewer trekkers
- Enjoy stunning views of **Baudha Himal (6,672 m)**, **Ganesh Himal VI**, **Shringi Himal**, and surrounding Himalayan ridges

This valley falls under a **restricted trekking area**, so entry is permitted only with a **Tsum Valley Restricted Area permit**. Permit costs vary with the trekking season and the duration of stay in this region.

- **September – November (Autumn):** USD 40 per person for the first 7 days, then USD 7 per person/day
- **December – August (Winter, Spring, Summer):** USD 30 per person for the first 7 days, then USD 7 per person/day

Note: *You can add 3 more days to extend your Manaslu trek and explore the Tsum Valley. Explore Manaslu Tsum Valley Trek for more details.*

Extend Your Stay in Nepal

Many trekkers choose to extend their Nepal journey after completing the **Manaslu Circuit Trek** to experience the country's cultural sites, wildlife, and adventure activities. Nepal offers a wide variety of destinations beyond the Himalayan trekking routes.

You can choose any of these adventures based on your visa duration and preferences:

- Visit **Pokhara** for lakeside relaxation and mountain scenery
- Join other trekking routes, such as **Annapurna Base Camp** or the **Everest Base Camp** treks
- Visit **Tilicho Lake (4,919 m)**, one of the world's highest lakes, on the Annapurna Circuit trek
- Take extra travel days to recover before international departure flights

FAQs For Manaslu Circuit Trek

GENERAL INFORMATION

Why trek the Manaslu Circuit with Discovery World trekking?

With over 15+ years of trekking experience in Nepal, we (Discovery World Trekking) make your Manaslu Circuit journey smooth from arrival to departure. We arrange all permits, experienced licensed guides, transportation, accommodation, and logistics, so you can focus on the trek. Our carefully planned itinerary includes an acclimatization day in **Samagaun**, giving you a safer and more enjoyable experience before crossing **Larkya La Pass (5,106 m).**

How long does the Manaslu Circuit Trek take?

Our standard Manaslu Circuit Trek takes **14 days** from your arrival in Kathmandu to your departure, covering approximately **177 km (110 miles)**. The trekking itself lasts **11 days,** beginning at **Machha Khola** and ending at **Tilje.** After the trek, you'll drive to **Besisahar** and continue to Kathmandu.

Where is the Manaslu Circuit located?

The Manaslu Circuit is located in the **Gorkha District** of north-central Nepal, close to the **Nepal–Tibet border.** The trail circles Mount **Manaslu (8,163 m)**, the world's eighth-highest mountain, passing through the Manaslu Conservation Area before joining the **Annapurna Conservation Area** after crossing **Larkya La Pass.**

What are the main highlights of the Manaslu Circuit Trek?

The Manaslu Circuit combines spectacular Himalayan scenery with rich Tibetan Buddhist culture. Along the way, you'll cross **Larkya La Pass (5,106 m)**, visit traditional villages such as **Lho**, **Samagaun**, and **Samdo,** explore ancient monasteries including **Ribung Gompa** and **Pungyen Gompa**, and enjoy breathtaking views of **Mount Manaslu, Himalchuli, Ngadi Chuli,** and Cheo Himal.

Is the Manaslu Circuit Trek suitable for all levels of trekkers?

Yes, the Manaslu Circuit trek is best suited for trekkers with a good level of fitness. While previous high-altitude trekking experience is helpful, it isn't essential. If you're well prepared and follow the itinerary with proper acclimatization, many first-time Himalayan trekkers successfully complete the Manaslu Circuit.

How far is Manaslu from Kathmandu?

The trailhead at **Machha Khola** is about **160 km (99 miles)** from Kathmandu and is reached by road in around **8–9 hours.** The trek circles the Manaslu massif before ending at **Tilje**, followed by a drive through **Besisahar** back to Kathmandu.

What makes the Manaslu Circuit Trek unique compared to other treks in Nepal?

The Manaslu Circuit is known for its quiet trails, traditional Nubri villages, and rich Tibetan Buddhist culture. As a restricted trekking region, it offers a more authentic Himalayan experience than many of Nepal's busier trekking routes.

TREK DIFFICULTY

How difficult is the Manaslu Circuit trek?

The Manaslu Circuit Trek is considered moderately difficult to challenging. Over nearly two weeks, you'll typically trek for 5–8 hours a day on steep mountain trails, cross suspension bridges, and gradually ascend to Larkya La Pass (5,106 m). Although the trek doesn't require technical climbing skills, you'll need to be physically fit and well prepared to cope with the long walking days and high altitude.

Is the Manaslu Circuit harder than the Everest Base Camp trek?

For most trekkers, yes. Although both treks reach similar altitudes, the Manaslu Circuit is generally more demanding because you'll usually spend longer hours on the trail, the route is more remote, and teahouse facilities are more basic. In contrast, the **Everest Base Camp** trek has better-developed infrastructure, more accommodation options, and easier access to services along the route.

Compare the Manaslu Circuit trek with the Annapurna Base Camp trek.

The Manaslu Circuit is a longer and more adventurous trek, typically taking 12–19 days, while Annapurna Base Camp is shorter and usually completed in 5– 11 days. If you're looking for remote villages, Tibetan-influenced culture, and fewer crowds, Manaslu is the better choice. If you prefer a shorter trek with easier access and a direct destination (at the camp), **Annapurna Base Camp** may suit you better.

Which is better: Manaslu Circuit or Annapurna Circuit?

Both treks offer unique experiences, so the better choice depends on the experience you're looking for. The Manaslu Circuit is quieter, less commercialized, and passes through remote villages with a strong Tibetan Buddhist culture. The **Annapurna Circuit** offers better-developed infrastructure, more accommodation options, and a wide variety of landscapes. Choose Manaslu if you want a more secluded trekking experience, or Annapurna if you prefer greater flexibility and easier logistics.

How tough is it to cross the Larkya La Pass?

Crossing Larkya La Pass is the most demanding day of the trek. You'll start before sunrise to cross the pass while weather conditions are usually more stable. The steep uphill, thin air, and altitude of 5,106 m make this the toughest section of the journey. However, if you've acclimatized properly and maintain a steady pace, you can cross the pass safely.

PREPARATION & FITNESS

How fit do I need to be for the Manaslu Circuit Trek?

You don't need to be an athlete, but you should have a good level of fitness to comfortably walk 5–8 hours a day on uneven mountain trails. Long ascents, descents, and high altitude make the trek physically demanding, so good stamina and leg strength will help you enjoy the journey.

Can beginners undertake the Manaslu Circuit Trek?

Yes. Many beginners complete the Manaslu Circuit Trek successfully, even without previous high-altitude trekking experience. The key is choosing our well-paced itinerary, following your guide's advice, acclimatizing properly, and maintaining a steady pace throughout the trek.

How should I prepare for the Manaslu Circuit?

You should start preparing and training **about two months** before the trek. You can go for regular hiking, brisk walking, stair climbing, cycling, or jogging to improve your endurance and stamina. Additionally, strength training helps your legs handle long days on the trail. Before arriving in Nepal, break in your trekking boots and test your gear to avoid discomfort during the trek.

What should I know before trekking the Manaslu Circuit?

The Manaslu Circuit is a **remote trekking route** with simple teahouses, limited internet and charging facilities, and fewer services than many other trekking routes in Nepal. Expect long walking days between villages in the upper valley, cold weather, narrow and sometimes steep trails, traditional Nepali and Tibetan meals, and a simpler way of life in the mountain communities. Packing the right gear and keeping your **expectations realistic** will help you enjoy the journey.

What kind of physical preparation is recommended for this trek?

We recommend a **balanced training routine** that combines cardio, strength, and endurance exercises. Activities such as hiking, running, cycling, or stair climbing will improve your cardiovascular fitness, while strength training helps build your legs and core to handle physical demand on the route. If possible, practice hiking with elevation gain to prepare your body for mountain trails.

PERMITS

What permits are required for the Manaslu Circuit Trek?

To trek the Manaslu Circuit, you need three permits: the **Manaslu Restricted Area Permit (RAP), the Manaslu Conservation Area Permit (MCAP), and the Annapurna Conservation Area Permit (ACAP).** The trek begins in the Manaslu Conservation Area and later enters the Annapurna Conservation Area after crossing Larkya La Pass, descending through Bimthang, Tilje, and continuing to Besisahar. Since the route also includes a restricted section, all three permits are mandatory.

Is the Manaslu Circuit a restricted area?

Yes. The section of the Manaslu Circuit between **Jagat** and **Dharapani** is a government-designated restricted area, which is why you require a **Manaslu Restricted Area Permit (RAP)** to trek there. Located near the **Nepal-Tibet border,** this region is protected to preserve its unique culture, traditional villages, and natural environment. To enter this area, you must trek with a licensed guide through a registered trekking agency.

Can I use a drone camera in the Manaslu region?

No. You cannot fly a drone in the Manaslu region without prior approval from the Nepal government. Since the route passes through a restricted area and protected conservation areas, you must register your drone and obtain the required permits before flying it. Unauthorized drone use may result in fines or confiscation of your equipment. Please check the latest drone regulations online before your trek, as permit requirements may change.

Are the necessary permits included in the trekking package?

Yes. Our Manaslu Circuit Trek package includes all the required permits: Manaslu Restricted Area Permit (RAP), Manaslu Conservation Area Permit (MCAP), and Annapurna Conservation Area Permit (ACAP). We handle the entire application process and arrange all permits before your trek begins, so everything is ready before you start your journey.

Where can I obtain the permits for the Manaslu Circuit Trek?

You can obtain the Manaslu Conservation Area Permit and Annapurna Conservation Area Permit from the **Nepal Tourism Board** in Kathmandu by yourself. However, the **Manaslu Restricted Area Permit** can only be issued through a government-registered trekking agency in Nepal. When you book your trek with **Discovery World Trekking,** we take care of all the permit processes so you can focus on preparing for your adventure.

INSURANCE & VISA

Is travel insurance necessary for the Manaslu Circuit Trek?

Yes. We strongly recommend **comprehensive travel** insurance for the Manaslu Circuit Trek. Since the trail crosses **Larkya La Pass** and passes through remote villages (Samagaun, Samdo, and Dharmashala), where medical facilities are very limited, your **insurance** should cover medical emergencies and emergency helicopter evacuation if needed.

What should my insurance cover for this trek?

Your policy should cover **high-altitude trekking up to 5,106 meters**, emergency helicopter evacuation, medical treatment, and trip cancellation or interruption. Before your trek, make sure your policy covers the remote **Manaslu region**, as not all standard travel insurance plans include high-altitude adventures.

Do I need a visa for trekking in Nepal, and how can I obtain one?

Yes. A Nepal tourist visa is required for all foreign nationals except Indian citizens before starting the Manaslu Circuit Trek. Your visa should remain valid for your entire stay in Nepal, including your arrival in Kathmandu, the trek duration, and your departure. You can apply online before your trip or obtain a visa on arrival if you are eligible.

Can I obtain a Nepal visa on arrival instead of applying in advance?

Yes. Most foreign nationals can obtain a **Nepal tourist visa on arrival at Tribhuvan International Airport in Kathmandu** or at designated land border crossings. To save time on arrival, we recommend applying in advance by completing the online visa application before your travel. You should also carry a valid passport, a passport-sized photograph, and the visa fee ($50 USD for 30 days).

GUIDES & PORTERS

Is it necessary to have a guide for the Manaslu Circuit Trek?

Yes. A government-licensed guide is mandatory for the Manaslu Circuit Trek because you need to cross a pass in the restricted Manaslu region. Your guide also ensures smooth logistics, assists with acclimatization, and helps you safely navigate the trail.

What roles do guides and porters play during the trek?

Your **guide** leads the trek, manages permits, arranges accommodation, monitors your health, and provides information about the local culture, villages, and mountains along the route. Your **porter** carries your main duffle bag, allowing you to trek with only a light daypack and making the long journey from Machha Khola to Besisahar much more comfortable.

Are the guides well-trained and English-speaking?

Yes. At Discovery World Trekking, all our Manaslu Circuit Trek guides are **government-licensed, experienced, and English-speaking.** They are trained in mountain safety, altitude awareness, first aid, and emergency response, ensuring you receive professional support throughout your trek.

Can I trek the Manaslu Circuit independently without a guide?

No. Independent trekking is **not permitted** on the Manaslu Circuit. It is a restricted trekking region, so you must trek with a licensed guide through a registered trekking agency. This regulation helps protect the region's culture while ensuring your safety in its remote mountain environment.

ACCOMMODATION

What type of accommodation is available during the Manaslu Circuit Trek?

During the Manaslu Circuit Trek, you'll stay in locally owned teahouses run by local families. Rooms are simple and usually include two single beds, mattresses, pillows, and blankets. As you trek higher to villages such as **Samdo** and **Dharmashala,** facilities become more basic, and luxury accommodation is not available. Staying in these teahouses also gives you a genuine insight into life in the Himalayan villages.

Are teahouses or lodges equipped with modern facilities like electricity and hot showers?

Yes, most teahouses along the Manaslu Circuit have electricity, although many in the upper villages rely on solar power. Rooms usually have a small light bulb, but electricity may be switched off at night to conserve power. Hot showers are available in many places for an additional charge ($3-$5 USD), but you may only get bucket showers during bad weather or in remote villages.

Can I book a single room on the Manaslu Circuit Trek?

Yes, you can usually book a single room in lower villages such as **Machha Khola, Jagat,** and **Namrung** for an additional cost, subject to availability. As you continue to **Samagaun, Samdo,** and **Dharmashala,** accommodation becomes more limited. During the busy spring and autumn trekking seasons, you may need to share a room (a hall with 5-6 persons and a single bed per trekker). So we cannot guarantee single accommodation throughout the trek.

Do teahouses have attached bathrooms?

No, a shared bathroom is common in most teahouses on the Manaslu Circuit. However, you may find attached bathrooms in some lower villages such as Machha Khola, Bimthang, and Besisahar. They become uncommon as you continue to Lho, Dharmashala, Samdo, and Larkya Phedi. In the upper villages, shared toilets and basic washing facilities are the standard.

Will I have access to Wi-Fi or charging points along the trek?

Yes, but availability varies along the trail. Many teahouses offer Wi-Fi and charging facilities for an additional fee ($1-$5 USD), depending on the place. As you trek higher toward **Samagaun, Samdo,** and **Dharmashala,** the internet becomes slower and less reliable, although charging your phone or camera is usually still possible. We recommend that you bring a 2-pin adapter or your power bank for charging.

FOOD & DRINKS

What kind of meals are provided during the Manaslu Circuit Trek?

Teahouses along the Manaslu Circuit serve freshly prepared, home-style warm meals. You'll find local favourites such as **dal bhat**, along with fried rice, noodles, pasta, soups, potatoes, eggs, pancakes, porridge, and Tibetan bread. Although the menu becomes more limited in the upper villages, you'll still find filling meals that help keep you energized throughout the trek.

Are there vegetarian or vegan food options available?

Yes. Vegetarian meals are widely available throughout the Manaslu Circuit, including dal bhat, vegetable fried rice, noodles, soups, potatoes, and seasonal vegetables. Vegan options are also available at many teahouses, although choices are more limited in the upper villages such as Larkya Phedi. If you have specific dietary requirements or food allergies, please let us know before your trek. You can also bring your own snacks or energy bars based on your preferences.

Will I be able to buy snacks and drinks along the route?

Yes. You can buy snacks and drinks in most villages along the Manaslu Circuit. Small teahouses and local shops sell chocolate bars, biscuits, chips, instant noodles, tea, coffee, soft drinks, and bottled water. Prices increase as you ascend higher because supplies are carried by porters or transported by mules. So, we recommend bringing your favourite snacks or energy bars from Kathmandu.

Is safe drinking water available along the trek, or should I bring purification tablets?

Yes. Most teahouses along the Manaslu Circuit sell boiled drinking water, and some villages also have filtered water stations. You can also get Bottled water in many villages, but it becomes more expensive at higher elevations and may not always be in stock. Please do not drink directly from taps, springs, or natural water sources without treating the water first. We recommend carrying purification tablets, a water filter, or a UV purifier to refill your bottle safely while reducing plastic waste.

WEATHER

What is the best time of year to do the Manaslu Circuit Trek?

The best time to do the Manaslu Circuit Trek is during **spring (March to May) and autumn (September to November)**. During these seasons, you can expect stable weather, clear mountain views, and comfortable trekking conditions while crossing Larkya La Pass (5,106 m). Spring brings blooming rhododendrons, while autumn offers crisp skies and excellent visibility throughout the trail (from Machha Khola to Besisahar).

How does the weather affect the trekking experience on the Manaslu Circuit?

Weather directly affects trail conditions, road accessibility, visibility (mountain views), and the difficulty of crossing Larkya La Pass. Heavy rain can make the roads to Machha Khola muddy and increase the risk of landslides. In contrast, snowfall at higher elevations (Samdo and Dharmashala) can make the pass difficult to cross or temporarily inaccessible. Our guides monitor local weather and trail conditions throughout the trek and adjust the itinerary to keep your journey safe and enjoyable.

How cold does it get on the Manaslu trek?

You'll experience a wide range of temperatures on the Manaslu Circuit Trek as you ascend from the lower valleys to Larkya La Pass (5,106 m). In villages such as Machha Khola and Jagat, daytime temperatures typically range from **5°C to 25°C (41°F to 77°F)**, while at higher elevations like Samagaun, Samdo, and Dharmashala, temperatures can drop below freezing, from **-2°C to -20°C (28.4°F to -4°F)** during the night or early morning.

Is it safe to trek during the monsoon or winter seasons?

You can trek the Manaslu Circuit during the monsoon or winter, but these seasons are considerably more **challenging**. During the monsoon (June to August), heavy rainfall can cause landslides, swollen rivers, muddy trails, and leeches in the lower sections of the trail. In winter (December to February), heavy snowfall around **Dharmashala** and **Larkya La Pass** may make the pass difficult or impossible to cross. For a safer and more enjoyable trekking experience, we recommend planning your trek during spring or autumn.

CULTURE & LIFESTYLE

What cultural experiences can I expect on the trek?

The Manaslu Circuit Trek takes you through one of Nepal's least commercialized Himalayan regions, where the traditional lifestyles and cultures have been preserved for generations. Along the trek, you can experience:

- The **Nubri, Bhotia, and Tibetan** way of life in villages such as Namrung, Lho, Samagaun, and Samdo.
- Traditional stone houses, family-run teahouses, and warm local hospitality.
- **Local dishes** such as **tsampa** (roasted barley flour) and **butter tea (su cha)**.
- Daily life centered on **yak herding, mountain farming** (barley, buckwheat, potatoes), **close-knit village communities,** and **seasonal trade** (it has been for generations).
- Centuries-old customs and Buddhist traditions that continue to shape everyday life in the upper Manaslu Valley.

Are there any cultural etiquette guidelines I should follow?

Yes. The Manaslu region is deeply rooted in Tibetan Buddhism, so respecting local customs is an important part of your trekking experience. While visiting villages and monasteries, remember to.

- Dress modestly, especially at monasteries and other religious sites
- Remove your shoes before entering monasteries
- Walk clockwise around mani walls, chortens, and prayer wheels
- Avoid touching sacred objects unless invited to do so
- Ask for permission before photographing local people, monks, or religious ceremonies

Following these simple customs shows respect for the local communities and their traditions.

What festivals can I experience along the Manaslu Circuit trek?

The upper Manaslu region celebrates several **Tibetan Buddhist festivals** throughout the year. If your trek coincides with these occasions, you may witness **Lhosar (Tibetan New Year)**, **Dumje** (celebrated in summer), **monastery ceremonies,** and **local harvest ceremonies** (masked dances, prayers, and community gatherings) in villages such as Lho and Samagaun. Lower villages also celebrate Nepal's major festivals, including **Dashain** and **Tihar**, with family gatherings, music, and traditional rituals.

During festivals,

- Local men wear the traditional **Chuba,** a long woollen robe tied with a sash
- women dress in colourful Tibetan-style clothing, striped aprons (pangden), jewellery, and turquoise ornaments

Can I see any spiritual and cultural landmarks during the trek?

Yes. The Manaslu Circuit Trek passes numerous spiritual sites, including ancient monasteries, chortens, mani walls, and prayer wheels. The Manaslu region includes **Ribung Gompa in Lho** and **Pungyen Gompa near Samagaun**, along with many Buddhist monuments that reflect the strong Tibetan cultural influence throughout the upper Manaslu Valley.

What ethnic communities live in the Manaslu region?

The Manaslu region is home to several ethnic communities, each adding to the area's cultural diversity. In the lower villages, such as Machha Khola, Jagat, and Philim, you'll meet **Gurung, Tamang**, and **Sherpa** communities. As you continue through Namrung, Lho, Samagaun, and Samdo, you'll enter the Nubri Valley. Here, **Nubri people** and **Tibetan-origin communities** have preserved their language, Buddhist traditions, stone-built homes, and way of life for generations.

What languages do local people speak on the Manaslu Circuit Trek?

You'll hear several languages as you move through different parts of the Manaslu region:

- Nepali: The national language of Nepal and the most widely understood language along the trek
- Nubri (Tibetan-related dialect): Commonly spoken in upper Manaslu villages such as Lho, Samagaun, and Samdo
- Tsumke and Larke Bhotia: Spoken by local communities in remote areas (around the Samdo and Larkya La area)
- English: spoken by your guide and understood in many teahouses, lodges, and shops along the route

HEALTH & SAFETY

What health risks should I be aware of during the Manaslu Circuit Trek?

The main health concerns on the Manaslu Circuit Trek include altitude-related problems. Besides that, you should be prepared for cold temperatures at higher elevations, dehydration, fatigue, sun exposure, and minor injuries such as blisters or muscle strain from long trekking days. Drinking safe water, maintaining good hygiene, and dressing appropriately for changing weather conditions can help reduce these risks throughout the trek.

Are there any health and safety tips for the Manaslu Circuit Trek?

To stay healthy and safe on the Manaslu Circuit Trek, you need to:

- Drink plenty of water and stay hydrated throughout the day
- Walk at a steady pace and avoid overexertion
- Eat nutritious meals to maintain your energy levels
- Wear layered clothing to adapt to changing temperatures
- Use sunscreen, sunglasses, and a hat to protect yourself from strong UV rays at higher elevations
- Inform your guide immediately if you feel unwell or notice any symptoms of altitude sickness

Following your guide's instructions and trekking at a comfortable pace will help make your journey safer and more enjoyable.

Is altitude sickness a concern on the Manaslu Circuit?

Yes. Since the Manaslu Circuit Trek reaches **Larkya La Pass (5,106 m / 16,752 ft.),** altitude sickness is a potential risk. To help your body adjust, our itinerary includes a dedicated acclimatization day in **Samagaun** and a gradual ascent to higher elevations. Even with proper acclimatization, you should watch for symptoms such as headache, nausea, dizziness, loss of appetite, or shortness of breath and inform your guide immediately if you experience any of them.

Are any vaccinations required for the trek?

No vaccinations are specifically required for the Manaslu Circuit Trek. However, we recommend consulting your healthcare provider before travelling to Nepal to ensure your routine vaccinations are up to date. Depending on your travel plans, medical history, and country of residence, your doctor may also recommend additional travel vaccinations.

What emergency procedures are in place during the trek?

Your safety is our priority throughout the trek. Our guides carry a first-aid kit, monitor your health daily, and respond quickly if any medical issues arise. If you experience severe altitude sickness or another medical emergency, we will arrange an immediate descent to a lower elevation. If necessary, we will also coordinate with our Kathmandu team for a helicopter evacuation (your travel insurance covers emergency rescue and evacuation).

PACKING & GEAR

What is the ideal weight for my backpack in the Manaslu Circuit trek?

For a more comfortable trekking experience, keep your **daypack around 5 kg (11 lbs)** and carry only daily essentials such as water, snacks, a jacket, valuables, personal medications, and other frequently used items. The **duffel bag or rucksack,** carried by our porter, has a **9 kg (20 lbs) weight limit per trekker.**

What essential items should I pack for the Manaslu Circuit Trek?

Your packing list should prepare you for changing weather conditions and high-altitude trekking. Since you will cross Larkya La Pass above 5,000 meters, you should have proper cold-weather gear. We recommend bringing:

- Moisture-wicking base layers and warm insulating clothing
- Waterproof jacket and trousers
- Sturdy, broken-in trekking boots
- Warm hat, gloves, and socks
- Sunglasses, sunscreen, and lip balm
- Reusable water bottle or hydration bladder
- Personal toiletries, medications, and a basic first-aid kit

Is a sleeping bag necessary for this trek?

Yes. Although teahouses provide **basic bedding and blankets,** nights can be very cold at higher elevations, especially in **Samdo** and **Dharmashala**, where temperatures often drop below freezing. We recommend using a warm sleeping bag rated for sub-zero temperatures for added warmth and comfort. If you don't have one, Discovery World Trekking provides a used sleeping bag during the trek.

Where can I rent trekking gear?

You can rent most trekking gear in **Kathmandu**, particularly in **Thamel,** where you'll find many trekking gear shops. Before renting, check the size, warmth, zippers, and overall condition of each item. However, we provide a used sleeping bag, down jacket, and duffel bag (shared, non-waterproof) at no additional cost. If you need any other gear, our team will be happy to recommend reliable rental shops before your trek begins.

Are trekking poles or other gear recommended?

Yes. trekking poles are highly recommended, especially for the steep ascent to Larkya La Pass (**5,106 m / 16,752 ft.)** and the long descent to **Bimthang.** We also recommend including gaiters during snowy conditions, a headlamp, insulated water bottles, microspikes if conditions require them, and waterproof clothing during colder seasons.

BOOKING & PAYMENTS

How far in advance should I book the Manaslu Circuit Trek?

It is ideal to book your Manaslu Circuit at **least one to three months in advance,** especially if you plan to trek during the spring (March - May) or autumn (September- November) seasons. Early booking will give us enough time to arrange permits, accommodation, and guide or porter availability, as well as transportation.

What is the payment process for booking this trek?

You'll need to pay a **10% non-refundable deposit** to confirm your booking. The remaining balance can be paid in **Kathmandu before the trek starts.** Discovery World Trekking accepts several payment methods, including **bank transfers, credit cards, debit cards, Western Union, and online payments through its website**. After your booking is confirmed, the team will send you the payment details and instructions for completing the process.

Can I use ATMs and Credit cards on the Manaslu Circuit trek?

No, you should not rely on ATMs or credit cards during the trek, as the Manaslu circuit passes through remote mountain villages. Once you leave Kathmandu, reliable ATMs are hard to find, and most teahouses and local shops do not accept card payments. So, we recommend that you withdraw enough Nepali rupees in Kathmandu before starting the trek.

How much does the Manaslu Circuit Trek cost in total?

The 14-day Manaslu Circuit Trek typically costs between **$1,000 and $1,150 USD,** depending on your group size and the services included in the package. However, your overall trek cost may be higher depending on personal expenses such as trekking gear rental, travel insurance, Nepal visa fees, extra accommodation, and purchases made during the trip.

What is included in the Manaslu Circuit Trek package cost?

Our (Discovery World Trekking's) Manaslu Circuit Trek package includes the key services for a safe, comfortable, and hassle-free journey. It includes:

- Required trekking permits
- An experienced licensed guide
- A porter for 2 trekkers
- Accommodation during the trek
- Standard 3-course meal (14 breakfast, 14 lunch, and 13 Dinner)
- Ground transportation on a public bus
- Government taxes and applicable service charges

For a complete list of inclusions and exclusions, please check the **package** details before booking.

How much cash should I carry for the Manaslu Circuit Trek?

You should carry enough cash in Nepalese rupees to cover your personal expenses along the trail. The exact amount depends on your spending habits. For the Manaslu Circuit trek, budgeting **$20–$30 USD (around 3,000–4,500 NPR) per day** is usually sufficient for items like snacks, Wi-Fi, device charging, hot showers, drinking water, tips, and souvenirs. You can also carry small notes like NPR 50, 100, or 500 for easier payments in teahouses and local shops.

How much should I tip my guide and porter?

Tipping your guide and porter is **optional but appreciated** as a way to recognize their hard work and support during the trek. There is no fixed amount; you can tip based on your budget, group size, and level of satisfaction with the service. We recommend collecting your contributions and giving a shared tip at the end of the trek.

Are there any cancellation or refund policies for the trek?

Yes. If you need to cancel your booking, please notify us in writing as early as possible. Refunds are available only if you have paid the full trip amount, and the amount refunded depends on how much time remains before your trek begins.

If you cancel **45 days or more** before departure, you can receive an **85% refund** of the trip cost; **44–30** days before departure, **70%; 29–15 days, 50%; 14–8 days, 25%,** and **less than 7 days** before departure, no refund is available. Once the trek begins, unused services or early departure are also non-refundable. Please check the **terms and conditions** for more details.

TRANSPORTATION

How do I get to the starting point of the Manaslu Circuit Trek?

The Manaslu Circuit Trek begins at **Machha Khola.** From Kathmandu, you'll travel by a local bus through Arughat and Soti Khola toward Budhi Gandaki Valley. If you prefer a more comfortable journey, you can upgrade to a private jeep for an additional **$170 USD per jeep** for a group of **2–5 people.**

Are domestic flights required for reaching the starting point of the trek?

No. The Manaslu Circuit Trek does not require any domestic flights. You can reach the trailhead by road from Kathmandu, making it a good option, as you can avoid potential flight delays and cancellations that sometimes affect travel in Nepal.

Where does the Manaslu Circuit trek end?

The 14-day Manaslu Circuit Trek officially ends in Kathmandu. However, the actual trekking portion concludes in **Tilje,** where you finish the final day on foot. From Tilje, you drive through steep gorges, waterfalls, and giant cliffs towards **Besisahar.** You then continue by road to Kathmandu, marking the end of your adventurous journey.

What are the road conditions like on the journey?

The drive from **Kathmandu to Machha Khola** and the return journey from **Besisahar to Kathmandu** include both paved highways and rough mountain roads. You should expect dusty, uneven, and bumpy sections beyond **Arughat** and **Soti Khola,** with occasional delays caused by weather or road maintenance. Although the ride can be challenging, it rewards you with beautiful views of rivers, hills, terraced fields, and traditional villages along the way.

Discovery World Trekking

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